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Exposition of Motorpathy.

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EXPOSITION

OF

MOTORPATHY

A

NEW SYSTEM OF CURING DISEASE,

BY

STATUMINATING, VITALIZING MOTION

By H. HALSTED, M. D.

ROCHESTER, N. Y.
PRESS OF CURTIS & BUTTS, DAILY UNION OFFICE, MUSEUM BUILDI
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PREFACE.

THE intention in publishing this brief "Exposition of Motorpathy is to attract attention to a new system of curing disease, which h been educed in twenty years' practice, and has proved so eminent successful in removing the most obstinate and unmanageable cas that I could but desire, that the principle and manner of treatme should be more widely known, for the benefit of the sick and suff ing. In this work, this system is more particularly applied to t cure of Uterine diseases, though it is equally efficacious in that of Chronic diseases, where the structure is not destroyed. The appli tion of this principle of treatment to acute diseases, has not been widely tested, but in as far as applied no indications have been p sented of less successful results. The Pathology of disease and The peutic effects of remedial agents are the same, as are generally kno in the Science of Medicine; it being only the *primary cause* of dise and the peculiar application of Therpeutical agents in reference to t principle, which we claimed as a discovery. The evident marks haste, which will be noticed on perusal, are unavoidable, owing the pressure of business; but a word to physicians, making kno to them such a system and its great success in curing the most unyie ing diseases, will be sufficient to induce them to examine and pr its merit. Wishing for the forbearance, for which I hardly dare ho I can only trust in my desire to contribute a little even, to the alle tion of human suffering.

for

H. HALSTED.

ROCHESTER, N. Y., Halsted Hall, January, 1853.

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MOTORPATHY.

Remarks.—Motion.—Its Existence in Minerals, Vegetables and Animals.—Man, a Complex Being.—*Substantia Prima.*—*Vita-Motive* Power.—The Brain.—The Two Recuperative Principles.—Loss of Motion, Cause of Disease.—Its Manifestation in a Paralyzed Limb. No one Remedy or Course of Treatment can Cure all Diseases.—Motorpathy.

THE conclusion which is forced upon the mind by contemplating the improvements of the present day, is, that science is progressing to that state of perfection, when fundamental truths will be established upon such a basis, that succeeding generations will not denounce them as hypothetical chimeras, but will own their correctness, and deduce from them still greater truths. To no one science does this conclusion apply so forcibly as to that of Medicine. Experience, observation and generalization of facts, obtained from comparative anatomy and physiology, post-mortem examinations and medical practice, combine to render it, as an art and science, profound, correct and of lasting benefit to mankind.

The free-thinking, restless multitude, are requiring knowledge on every subject. Eager to grasp whatever the mind can fathom in science, the attention has been turned upon the human system—that body through which the soul is manifested. A knowledge of the laws and principles that govern the animal

economy, are earnestly demanded, and should be given to all; for upon it depends, serenity of mind, longevity and the decrease of disease.

The repeated inquiries in regard to our mode of curing disease, and the theory upon which it is based, together with the previously adopted opinion, that no one member of humanity is isolated from the rest, but that each should live for the whole, and that whatever knowledge is gained should be diffused for the benefit of all—have occasioned us to make this a medium, through which our views and opinions may be made known to the general reader, as well as to the inquiring student of Medical Science. Recognizing the spirit of investigation inherent in every philosophic mind, and the close analysis given to new theories, to discover their truth or falsity, as well as the unsparing severity with which the lovers of time-honored opinions denounce any thing new as false and hypothetical—it is not without diffidence that publicity is given to opinions, long since established by observations made upon the living subject, of health and disease.

The physician has to deal with living, acting, diseased humanity; and if he would be successful, he must not only gather his knowledge from the past experience and profound research of those who have left the rich fruits of their labors as a legacy to all coming time; but he must be possessed of "the great and fundamental truth, that in Medicine, probably even more than in any other science, the basis of all our knowledge is the accurate observation of actual phenomena; and that the correct generalization of these phenomena should be the sole foundation

for all our reasoning." These phenomena are gathered as much from the living, as the dead subject of disease. A science, to be true, must be based upon legitimate, incontrovertible facts; and these facts are to be obtained before any deductions can be made, or theory established.

In presenting a new theory as to the cause of disease, and the best method of curing it, we are sensible of the opprobrium which may be heaped upon us by opposing minds, who are satisfied with the amount of knowledge already acquired, and regard any farther advancement as unnecessary. But believing there are those, solicitous of acquiring knowledge from every source, having "minds disposed to the reception of truth, determined to follow it, wherever it may lead;" and believing also, that every medical practitioner should "bear in mind, that his profession is a deposit placed in his hands for the benefit of mankind;" and that it devolves upon him, though realizing his inability to the task, to give as much public information as possible, regarding the laws of health, the liabilities to disease, and the best means of preventing or eradicating it when once established; the publication of this work is ventured upon, incomplete as it may be.

In establishing the system of MOTORPATHY, no new science of Medicine is to be revealed. "Medicine, as a science, cannot be changed, but can be improved;" and a true system of Pathology and Therapeutics be established, which "will admit of continued progression." It is not compatible with the primary object of this treatise, to present an account of all the causes which have led to the adoption of the theory of Motor-

pathy, nor to give a detailed and minute account of o
structure, and the changes which take place in it. Suffic
say, that a careful consideration of all the appearances
disease puts forth, and a collection of observations and
from the living subject of health and disease, during
laborious years devoted to the alleviation of human suf
have led to the discovery of the principles on which this
is based. These principles are the same, which man
names have descended to posterity as contributors to
bility of the science of Medicine, have aimed at, but
discover. Though desirous of avoiding, as much as
entering into theories and speculations which have s
prevailed during the past and present age, yet it n
sary occasionally to do so, in order that the subj
may be more clearly elucidated.

Premising that the reader has already aske
which has so often been proposed, "What is M
what does it signify in the treatment of disease
tion of it will be attempted. *Motor* signifies
to heal or cure. It means, therefore, to cu
heal by a *statuminating vitalization* that re
rium of the circulation, thus producing a natu
or action among all the particles of which th
whether solid or fluid.

In order that the theory of motion m
understood when applied to the human f
sary to consider some general facts regar
the natural world. That there is no manif

growth or increase, and that by the absence of life, decay and decomposition take place, are facts so universally conceded, that it would be futile to attempt to prove them. It is equally conceded, that this growth or increase in the natural world, as well as the purity of the elements, air and water, depend upon a constant change or motion of their particles or the substances of which they are composed. Geology shows that the particles of which minerals are composed, are constantly changing place, each seeking its own particular affinity and depositing itself there. The rocks which have stood for ages, and can count their date from the dawn of creation, are not without motion; for wherever there is attraction, there must be motion. The very idea of formation, pre-supposes motion.

In the vegetable world, this principle is still more apparent. If there were no change, there would be no growth. A small seed is planted in the ground; it germinates and springs up; it becomes a tree, bearing branches, leaves and fruit. How has all this growth and stately appearance been accomplished, but by the inevitable law of motion, dependant upon an innate principle of life, which is manifested in all the forms of creation! There was a continued deposition of minute material for assimilation, and an absorption of the useless particles of matter. All the particles of its composition are in a state of ceaseless change. The fluids are coursing along the minute avenues through the trunk and branches, giving out vegetative life by assimilation to every part, until all which is available for its growth or preservation, is used up, at the same time the refuse matter which has served its purposes of nourishment, is cast off; perhaps

escaping in the form of a gas, ready to unite with something else, and give out its invigorating or destroying influence, as the case may be. Girdle that tree, and what is the consequence? The free circulation of its fluids is stopped; derangement in its vegetative health and growth ensues; it droops, withers and dies. The same process is going on in every department of the vegetable kingdom—in the mosses, as in the towering tree, in the grasses and in the grains, in the low flowering plant that scarcely lifts its head above its mother-earth, and in the one that requires a century's growth before it can reach its blooming perfection.

This same principle is manifested in the element of water. There is a continual motion occurring, not only in the whole as a body, but also in the atoms of which it is formed. It takes place in the murmuring rivulet, as well as in the foaming cataract—in the placid stream as well as in the surging ocean. If this free motion is obstructed or prevented, in the same proportion the water becomes stagnant, decomposition takes place, and the pestilential effluvia and noxious miasm is sent forth, as a consequence of this loss of motion.

As we approach the animal kingdom, the same law of ceaseless motion, as the source of healthy organization and development, is still more apparent. It is necessary for the perfect formation of the radiating group of animals, which forms the connecting link between the vegetable and animal kingdom, some of which present so near a resemblance to that of "composit blossoms, as to have been commonly termed animal flowers." Motion is the starting point for the aggregation of

cells in the embryo animal, and continues to be the governing law of healthy development, through all the progressive stages of the animal creation, up to man.

But when we come to speak of man, we are not to consider him as merely a chemical, mechanical, or physiological being; but as a higher order of creation. In him the phenomena of life "belong to a class of facts, and constitute a subject of investigation, altogether distinct from those which are presented by any forms or changes" of animate or inanimate matter. Although it be true "that all vital actions are attended by, and in part dependant on, a series of continued chemical changes," yet the "chemical changes of animated nature are as distinct from those which we produce at pleasure in dead matter, as the stimulations by nerves and the contractions of muscles are distinct from any of the principles and powers of mechanics.* All those functions which necessarily require a mental act, can "derive no elucidation from any thing that is ever seen in the inanimate world." If we would have a rational foundation for medical science—one to which we can trust for the exposition and treatment of disease in the human system—we must look not only beyond the pale of inanimate matter and vegetable life, but beyond mere animal existence, and consider man as a complex being; as possessed of motive powers, proceeding from a principle within, by which, and only through which, many of the phenomena occurring in the human system can be accounted for. (All the principles that govern his existence) are to be recognized, before any definite knowledge of the functions of the

* See Cyclopedia of Medicine.

living body can be obtained. It is true, that a principle of life is manifested throughout creation. In some of the higher classes of animals, the organization and functions are, in many particulars, closely allied to man. But it is not in the province of this work, to trace the varieties of "organization and vital phenomenon, throughout the different orders of animals," or to explain their proximity to man, and the differences existing between them. We have only to do with the functions of the living body, as seen in him, and the operation of the causes which produce a healthy or diseased state of his frame. In doing this, an effort will be made to avoid all speculation, and to be as brief as possible.

In considering, then, the complex state of the living man, it must be remembered, that the body acts only while it is the home of the indwelling spirit; and that there is a pefect correspondence existing between the inner and outer man—that the spirit fashioneth for itself a tabernacle adapted to its connection with the external world—and that spirit is the "*substantia prima*," or first substance of the body, and as the "formative substance, it draws the thread from the first living point, and continues it afterwards to the last point of life;" and consequently derives its being from a still Higher Source. But, as the investigation of that subject belongs to the metaphysician and philosopher, it is left for them, desiring only, that cognizance of that first principle should always be taken, when considering the physiological phenomena of the natural man; and except that acknowledgment is made, much of the phenomena of disease cannot be accounted for.

The second proposition that presents itself, is that of a principle which was discovered in the seventeenth century, and on which various speculations and hypotheses have arisen, respecting its influence on the fundamental changes taking place in the human system. Yet the nature of that principle, or its action in sustaining life, we think has not been understood or explained by any physiologist. It has received a variety of names, as nervous fluid, electro-animal magnetic power, ether, animal spirit, and vital principle—but which we shall designate as the *vita-motive* power of the body, and recognize as the principle which is the connecting link between the prima-substance and the grosser parts of the body. This *vita-motive* power is a production of the cortical substance of the brain, and, as Malpighi remarks, is carried "from the cortical glands into the *medulla oblongata*, through little channels proceeding from every separate gland;" and through the medium of the *medulla oblongata* and *medulla spinalis*, is emitted into all the medullary fibres or origins of the nerves, runs through the most diminutive and attenuated vessels, stamina, and fibrules, and traverses and supplies with moisture every living point and corner of the body. "The circulation of this fluid establishes a communication between the fibres and the vessels," and between the vessels and the blood; and by the relation existing between the vessels and the circulating fluid, constitutes the attractions and repulsions of the body, and by entering into the composition of the blood, "constitutes the essence of the life and activity" of that fluid. It is owing to the presence of this principle, that the affinity exists between the assimilated

matter in the blood, and the vessels by which that matter is taken up and deposited, or between the excreting material already existing in that fluid, and the vessels by which it is evolved or separated.

Thus, in the embryo formation of the human species, the brain is the first thing recognized, and the proportion which it bears to the body, although continually decreasing as the fœtus progresses in size, is at four months, several times larger than in the full grown man. The brain at this time, (in a fœtus of four months,) ceases in a great measure to grow or expand, and a process of thickening, or consolidation of its substance, commences, which continues up to the time of birth. Notwithstanding this cessation of growth, the size of the brain in the new-born infant, as compared with the body, is very much larger than in the child of a few years old; and the proportion of the brain in a child of a few years old, is still much larger than in the adult person; showing conclusively, the prior necessity of the brain, in its great preponderance during that period of life, when the vital powers are stimulated to their greatest activity for the supply of the wants of the increasing body, by the assimilation of the elements necessary to its consolidation and perfect development. So that first there must be a prima-substance capable of drawing from the vital system of the mother, the material for constituting a brain, for the production of the *vita-motive* power necessary for diffusion into every vesicle and minute point of the body, and through them into the circulating fluids. Secondly, the brain must be nourished and supported by the same means that every other portion of the body

is; which is by assimilated foreign matter, introduced through the medium of the stomach, lungs and skin; and by means of this stimulating *vita-motive* power on the one hand, and the nourishing, reproductive power on the other, a continued action is established.

This continued action between these two fundamental principles of the body, constitutes the law of perfect motion, in all the particles of which it is composed. There is no such thing as rest in any of the materials entering into its composition. It is one perpetual round of change. By the vitalization of every part and portion of the body, through the direct subtle agency of the *vita-motive* power, the system is prepared for the reception of foreign substance, and stimulated to chemical and vital action upon what it receives. Assimilation and sanguification take place, and then, through the agency of the vital affinities, it is deposited in the needed place, whether that be in the frame-work of the body, in the bones, or in the hard and enduring muscle—in the lungs, or other viscera—or in the more delicate fluids; and when the nourishing and invigorating principles of whatever is taken into the body, are separated, the remainder is thrown off as useless matter. When these recuperative forces are equal—acting in harmony—perfect motion and perfect health is the consequence. Hence the influence of well developed brains, especially when the cortical substance is large in proportion to the medullary, in resisting the encroachments of disease. Hence, also, the word MOTORPATHY, combining in itself the idea that perfect motion and perfect health are co-equally existing circumstances in the body, and that by a loss

of the former, a loss of the latter follows as a consequence. The philosophic remedy is the restoration of that perfect motion.

A cause is found in the *vita-motive* power for all the involuntary as well as the voluntary actions. The action of the internal viscera, the stomach, the heart and lungs, and circulating fluids, depend upon the presence of this principle. In recognizing the *vita-motive* power as the connection between the inner and outer man, the relation existing between mind and matter, and the influence the one has over the other, is clearly understood. The brain being the organ through whic the mind manifests itself, and also the producer of the *vita-tive* power, the mind becomes an impetus to that pow diffusing it through the body. When the cerebrum is and the brain of a fine quality and texture, the cortical p of it maintaining the ascendancy, and the other parts body being harmoniously developed, the amount power produced, and the impetus given to it, will be the brain will be intensely active, the manifestat mind, both mental and physical, will be strong, to disease powerful, and health and longevity gre

If the reader clearly understands the principle life which is going on in the human system, an the changes that are taking place in it, in a h he will now be enabled to apply these princi opment of disease and also understand the of the discovery of that cause. For thoug designated the *vita-motive* power, has be the vital essence; yet its particular actio

development of health or disease, has never been understood or explained. The necessity of a reciprocal action between the two recuperative forces of the body—the *vita-motive* or propelling power supplied by the brain and the functions of the absorbent system, which furnishes material for the reparation of waste and expenditure—has not been understood. It is upon the harmonious, reciprocal action existing between these, that health depends. Destroy that balance of motion, or interrupt that harmony of action and disease is the consequence. If this proceeds to the destruction of the affinity between the two forces, death ensues.

This loss of harmonious action may be produced in a variety of ways, and may originate from internal or external causes. It may be, that what is taken into the stomach is of such a nature that chylifaction can be but imperfectly performed and therefore the assimulation is hindered; or it may be that the quantity taken is so great as to overtax the *vita-motive* power; or to withdraw it from other portions of the system, leaving them languid and but partially vivified, that its main force may be expended upon the stomach in assisting it to free itself of the load imposed. In either case, the attractions and repulsions are impeded, and the forces thrown out of balance. Hence we find that food of an improper quality or quantity is a prolific cause of disease, and why indigestion produces such an excessive and complete derangement of the whole system.

Suppose an individual has arrived at the age of puberty, with every part of the system well developed and nicely balanced. He has been educated physiologically and psycholo-

gically, with direct reference to the laws of health and the preservation of life; no one thing is in excess; perfect, complete, harmonious action, exists in every atom which composes his frame. At that age he commences an excessive indulgence of his appetite. Food and drink are thrown into the stomach, which in quality are innutritious, because difficult of digestion, and requiring much *vita-motive* power to accomplish it; and the quantity is inordinate, making a large mass to be disposed of in some way, which, notwithstanding the large amount vital force which the stomach calls to its aid, at the expense other vital operations going on in the system, is but imperfec chylified. In consequence, unassimilated matter finds its into the circulation. Here it remains as a foreign sub unfit for the uses of nourishment, clogging the vessel presence, until it is deposited in some part of the bo its unadaptation to the wants of the part, causes it irritation and engender disease, until the *vita-mot* stimulates the lymphatics to take it up and expel system. The recuperative forces being strong a they will for a time resist the injurious effects amount of labor imposed upon them, but not retention of unassimilated matter, which is poison to the body, will have its influence. Th at first, but the continued deposition of unhea the renewal of worn-out matter, will grad until every part of the system suffers from t material and the attendant derangement. loaded state, cannot circulate freely.

nourished by healthy material for its renewal, its capacity for producing the *vita-motive* power is diminished, and thus there is a continued decrease of action in both forces. This constitutes a loaded state of the system favorable to the development of contagious diseases, fevers and inflammations. If the excess is more gradually entered into, it may result in a general delicacy, want of strength, and languor of body. If there be a predisposition to disease in any particular organ, the impurities will be deposited there, and the disease will manifest itself according to the particular causes which operate upon the individual, for there are no two persons situated or constituted alike. All have their own peculiar idiosyncrasies, often derived from birth, if not from the circumstances by which they have been surrounded, and their habits of adaptation to them. The cause which in one would produce dyspepsia, may develope in another scrofula, in another uterine disease, in another pulmonary disease, and so on through the whole catalogue of organic diseases.

When the balance between the two forces has been so imperfectly imparted to the child in embryo, as never to act in harmony, it constitutes an hereditary diathesic state of the constitution, which predisposes to certain diseases. The weakest organ of the body is usually first affected, and remains the primary seat of disease, around which often cluster innumerable secondary affections. Another fruitful cause of disease, is the breathing of impure air. As the blood is unfitted for the uses of circulation until decarbonization takes place in the lungs, where it is brought into contact with the respired air; and as

decarbonization takes place but imperfectly, unless the air be pure, it shows the necessity of this element in its purity, as an aid in the support of motion. Whenever the blood becomes impure, from whatever cause, it is in so far unfitted for the nourishment of the body, and the replacing of waste matter and, in consequence, the harmony of action between that and the *vita-motive* is disturbed.

The necessity of the *vita-motive* power to stimulate the circulating vessels—to propel the so-called vital system to healthy action, is plainly manifested in a paralyzed limb. All the sanguineous and absorbent vessels remain uninjured, and filled with their appropriate fluids. The brain influence alone, is in part cut off. What is the consequence? Does the limb suffer any thing more than the loss of the command of will over it? The power to turn and move it at pleasure? Does the nourishing process go on as formerly? No. Why not? Do not the sanguineous and absorbent vessels remain without obstruction, intact and connected to the sources of their supply? Why then does the limb become pale, showing a want of blood? Why do the muscles become soft and flabby? In short, why does it perish? Yes; why is it, except that the ever-present, all-pervading *vita-motive* power, with its own peculiar proprium of motion, is a necessary constituent to healthy, vital action.

As the loss of motion is the foundation, the starting point in the origin of disease, the primary object of the physician should be, to restore that motion. This is to be accomplished by a variety of means. It does not follow, that because there is one primary cause for the development of disease, that there can

be one grand panacea, one general remedy, one particular course of treatment, which will remove all kinds or classes of difficulties, or heal every malady to which the human frame is liable. Going back to nature once more, as the guide by which, and the source from which, all our observations are to be drawn, it is found that when left alone to her own restorative measures, she does not always adopt the same course in throwing off disease. At one time the bowels are made the great evacuent by which the accumulated and poisonous matter is disposed of; at another the kidneys; and still another the skin; and at times, all these operate together. Again, the "resolution of inflammation, the exudation and organization of lymph on inflamed surfaces, the process of suppuration and sloughing, the function of absorption, and the increase of absorption from pressure," are circumstances which tend to the preservation of life, and are processes dependant "on very different principles or laws of the animal economy." As one particular course is not always followed by nature, neither will one remedy alone, or one particular plan of treatment under all circumstances, be found adequate to effectually aid and assist her efforts to overcome disease.

Those who would become pre-eminently useful by their skillful treatment of disease, and as the guardians of health, should take all these things into consideration, and hold the mind open to the adoption of aids from every source. A perfect system of Motorpathic treatment, should refuse no assistance which may be offered in the vast field of nature or art. It should only cull such medicines or such therapeutic agents as are subservient to

the great end in view—the establishment of an equally balanced, sustained, and vigorous motion between the two great recuperative forces in every portion of the body.

It is to that part of Motorpathic treatment, personally given, and which is a peculiar process of statumination and vitalization, to which is owed so much success in the cure of chronic diseases. Its influence is brought to bear immediately on the organ affected. Acting first upon the capillary vessels, it invites them to motion, and makes them ready recipients of the *vita-motive* power. It has also a powerful effect in arousing the dormant organic function to energy of action, and by these means increases the amount of attraction and repulsion between the two vital forces of the body, and gives out an invigorating, sustaining influence, which has never been obtained from any other source. Motorpathy is pre-eminently the remedy in many forms of disease.

The *modus operandi* of this process cannot be given with sufficient clearness to enable a physician to enter into a judicious practice of it, short of a course of personal instruction, therefore its explanation will not be attempted.

PART I.

CHAPTER I.

WOMAN.

Her Physical Condition in a State of Nature.—Its Contrast under Civilization.—The Necessity of Reform in her Habits.

In tracing the history of woman in the early Asiatic and European nations, we find her passing most of her time in the open air—in the care of flocks—in the gathering of fruits—and in assisting in the lighter portions of husbandry. Her dwelling was a tent or a house which admitted the air freely, being without doors or windows, and the storm and cold beating in at all the corners and crevices. Horses and carriages were things almost unknown. She performed her journeys and her frequent religious pilgrimages, through countries or through provinces, whether of a few miles or of many, by the unassisted aid of her native locomotive powers.

What was the effect of all this exposure and hardship? Did she droop and die before half the years allotted to her species, were numbered? On the contrary, it was a period of her particular longevity. Did she suffer from colds, inflammations and painful menstruations at the period of entering womanhood —that time, from some exposure, in which so many at the

present day date their ill health? Colds, suppressions and painful menstruations, were things at that time scarcely known. The girl passed through the physical changes which constitute her a woman, without pain. When she became a wife and entered the delicate state of maternity—that crowning perfection of her sex—she passed through this ordeal, without any of those nervous agitations, those pains and sympathetic affections, which renders the life of so many married women at the present day, a ceaseless succession of languor and suffering. She pursued her journeys or out-door employments up to the very time of giving birth; and that event, instead of being the occasion of sickness and prostration for weeks or months after, scarcely interrupted her ordinary avocations.

Perhaps some will say this was in the primeval state of man, when he was fresh from the hands of his Creator; and that the climate was better adapted to living in the open air than now. To some extent this is true. But the Indian women—those children of nature in our own woods—and those still farther north, have the same exemption from uterine disease, and bear hardship and exposure with the same impunity, as was enjoyed by those ancient children of nature; showing that at this day, like habits of life produce like vigor and hardihood of the physical frame, and adapts woman's nature and the development of her physiological perfections to her native climate, whether it be cold or warm.

What a striking contrast to the condition of woman in civilized countries, particularly in America. Here, all her occupations are in-doors and constitute too often, a ceaseless round of

domestic drudgery, unenlivened by change, and almost unalleviated by rest. Her household cares are ceaseless. Even the short respite of sleep is frequently rendered fitful by the cares necessary to a sick child, or the ever-recurring wants of an infant. Add to this the deleterious effects accruing to so many of her sex, from confinement to sedentary employments, usually in close, unventilated apartments; and the confinement and occupation so unremitted, as scarcely to allow the unhappy female to inhale the fresh, pure atmosphere for weeks together.

All her occupations, all her pleasures and labors, are of such a nature as to tax, particularly, her nervous energy; and what means has she for replenishing this constant drain upon her *vita-motive* powers? The assistance of pure air—an indispensable ingredient for its plentiful formation—is denied; and the cheerful, spontaneous activity of her muscular system necessary to a healthy digestion and assimilation is also denied. Whence shall her brain draw its nourishment, and the means for supplying the large demands constantly made upon it? No wonder she is nervous and irritable. No wonder that she suffers from exhaustion—that she looks worn—that she becomes pale and sickly—that she fades before her time, and fills an early grave.

On the other hand the wealthy are enervated by luxury till the simple act of breathing becomes too often an effort. As for using their God-given motive powers—their muscles and tendons vigorously or usefully—it is unladylike, and not to be thought of. To walk five or ten miles of a morning, to see a friend, further some benevolent object or attend church, would

be to show herself vulgarly robust. In short, delicacy of bod and weakness of muscle, has become a fashion among Ameri can women.

The girl, before she leaves the nursery, is taught to restrai all active manifestations. No vigorous outbursts of physica activity are allowed. The cravings of her nature for the exe cise of her organs, are not to be gratified. She must not shou or laugh, or run, or be noisy. She must shun boisterousnes above every thing, and not romp and play out of doors; i would be an unpardonable vulgarity. All the involuntar promptings of her physical powers for use, are to be curbed checked, quieted.

Sadly, in the end, does nature avenge herself for this i posed constraint. It is one of her unalterable laws, that v ever power or capacity she confers, whether of mind or if denied use, languishes and becomes torpid, or put morbid and diseased action. This is also the case wh power, capacity or function of the human body is over made to perform too much labor. For instance, the habitually makes his stomach digest twice the quan requisite for the nourishment of his body, will soon be troubled with indigestion. And it is a well that those who allow themselves in unlimited sexu come at length to lose their prolific powers, to cravings, or no potency. Protracted hard labor dividual's powers of endurance, occasions rheum of the muscles, or flacidity and want of power. hand, every faculty or function requires use

opment of its powers. This is evident from the effect upon a limb, which has been kept weeks or months in one position. The muscles either become contracted and stiff, or soft and relaxed; in either case incapable of manifesting its full powers of motion, which have to be gradually induced in it by use.

And what attention does this imperative demand for use have in the education of females at the present day? Alas! very little. Woman, as a general thing, is taught to curb or suppress all the strengthening faculties of her mind and body. In mental exercises, what bold graspings of the intellect are thought to be in woman's province? Mathematics, philosophy and the sterner sciences, are supposed unsuited to her. There is left but music, painting, poetry and the literature of the sentiments; all good as a portion of her education, but all tending to refine rather than strengthen. Were it not for the moral power sometimes springing out of the cultivation of her sentiments, and like a spiritual halo enveloping and preserving her in its pure brightness, the world would sicken of weakness and inanity. Were it not for these occasional glimpses of the angel in woman—where her weakness is made her strength—the wings of our poetic estimation of her, would trail in the dust.

This may appear a digression in a work of this character, but he who could revolutionize the system of woman's education, and establish it on philosophic principles, where all the faculties of her physical nature should be strengthened and harmoniously developed by culture, as well as all the faculties of the mind and heart; would confer such a blessing upon humanity, as no physician could hope to emulate. And until

there is a reformation in her habits, and she comes to recognize the fact that her physical powers must have use—until she emerges from her delicacy and puts forth her strength, and wills and accomplishes uses; she must suffer. It is the law of nature, and nature is a jealous ruler and will be obeyed.

Her sufferings may be alleviated by the skill of her physician, but unless she moulds her habits in some degree, into obedience with the requirements of nature, it will be only alleviation and mitigation. There will be no thorough renovation, no enduring elasticity and strength of constitution.

This is one reason why it is advantageous to an invalid to leave home, which makes it easier to break away from the bonds of old habits, and be placed in an Institution, or under the care of a physician, where the diet, exercise and all the habits are under his personal supervision. Many extreme cases, where the physical powers lie in ruins, and both mind and body are suffering from the weight of disease, are raised to a state of health and strength, in an institution, whom it would be impossible to cure, if attended by the same physician at home. New associations, the greater ease of forming new and better habits, all have their influence. And in some cases it is necessary to make use of every beneficial influence in the patient's behalf. In private practice, it is often the case that a physician cannot, in his patient's house, command the facilities for carrying out such a treatment as his better judgment might suggest. Consequently the patient is prescribed for, and advised according to the means at hand. In an institution, every means that art, aided by experience, can bring to bear upon a patient for his

benefit, can be put into requisition, and of course, improvement can be made more rapid and recovery more certain.

When woman shall attain a better knowledge of the laws of health, and the pain of their infringement—when she shall learn to look upon sickness in its true light, as a penalty for the transgression of some physical law, intead of blindly laying her load of suffering and misery at the door of Providence, and waiting with folded hands until some miracle shall be performed in her behalf, she will have done much toward lessening the evils of her condition. She will then have learned the first lesson inscribed as an unvarying principle of nature on all living things, that power is given according to *use*. If she would have elasticity of muscle—ease and gracefulness of motion—she must use her muscles not merely in staid movements and promenades, but give them free and vigorous use in all the flexions of which they are capable.

Would she have a blooming, healthful complexion? Rise early and take much out-door exercise, that her blood may not be sent through her veins in sluggish, dark currents, but by exposure to pure air, be properly decarbonized and sent leaping through the system, tinging the cheeks with its own brilliant hues. So with all the powers with which she has been blest. Let her "not hide them under a bushel or bury them in the earth," but give them free use. Then her harmonious developments shall not dazzle merely but delight, causing happiness wherever she appears, and carrying within herself a well-spring of cheerfulness and peace.

CHAPTER II.

PATHOLOGY OF UTERINE DISEASES.

These diseases have been thought among the most formidable, and considered less susceptible of permanent cure than most, if not any other class of diseases. Few diseases are so general in their selection of victims, as these. Wherever civilization has placed her footsteps, and an artificial state of society has begun its weakening process, there uterine diseases have followed like destroying angels, ready to avenge the transgression of nature's laws. In America these diseases have become so common that scarcely a woman can be met who has not, at some period of her life, suffered from derangement of the uterine functions.

Perhaps there is no organ in the system more important in its offices, than that of the uterus; and certainly the disease of no other produces a train of more distressing sympathetic affections. These sympathetic affections are frequently so urgent as to be mistaken by the physician for the primary disease; and the unhappy patient is treated for first one disease, and then another, until, at length, she sinks under her accumulated suffering.

"It is well known in the practice of medicine, that diseases do not always produce external symptoms proportionate to their degree of severity or danger. This observation is peculiarly applicable to affections of the uterus. We frequently find this

organ in a state of disease, which admits no hope of cure, while the general health does not seem to suffer in the least. The complexion is yet fresh and blooming, while the patient presents nothing but a few insignificant symptoms of disorder in the generative organs. On the other hand, we observe women who are affected in a very slight manner, become thin, suffer excessive pain, and gradually waste away.

"Hence, the necessity of a most careful examination the moment we suspect the existence of any disease in this part of the body. In general, we mark the following precursory symptoms: The woman loses a small quantity of blood from time to time, without any pain, or has a leucorrhea, which continues during the interval of menstruation. The breasts become slightly tumid, and she thinks this often a sign of good health. She feels some pain in the loins after walking or riding in a rough carriage. When she stands for any length of time, a sense of fatigue in the pelvis and of dragging in the loins compels her to sit down. Coition is often followed by a slight loss of blood, and excites slight pain, which may disappear quickly, or remain for one, two, or even three days. Sometimes the disease is arrested at this point, and ceases spontaneously; but more frequently the fluor albus becomes more abundant; the woman experiences pain, not usually in the uterus, but about the loins, the round and broad ligaments, or even a pain running down the back of the thighs and legs to the heels, whence it is often mistaken for a sciatica; the pain may also extend towards the umbilicus to the flanks, or very

often to the rectum, especially when the neck of the uterus, thrown backward by a slight anteversion of the organ, presses on the intestine. The floodings now succeed each other at shorter intervals; the breasts dwindle away, and a sympathetic gastro-enteritis declares itself; the patient is affected during the day by a slight fever, recurring at intervals more or less frequent, or by nervous attacks; the skin is dry; digestion becomes deranged; the woman loses flesh and complexion, and the whole skin assumes a sickly, dull color.

"The disease seldom arrives at this point without a physician being consulted, and it is now easily discovered; but at other times, as has been remarked, the disorder, though hidden, increases, while the general health seems perfect, and only re veals itself on a sudden, with alarming symptoms; digestion interrupted, and the patient is afflicted with excessive pa hemorrhage now sets in and recurs frequently; the skir comes dry and earthy-colored; finally, a colliquative d makes its appearance, and terminates the scene.

"The period, unfortunately, is not very distant from t time, when diseases of the uterus were involved ir scurity. On the one hand, they were considered fatal, when they had made a little progress; on t were completely mistaken or neglected, as incon simple to arrest the attention of the surgeon. case the practitioner, struck with the inefficacy himself compelled to employ nothing but pa and saw his patient fall a victim to the most

But within a few years numerous researches, made in phathological and surgical anatomy, have thrown considerable light on this important part of pathology.

"By a more rigorous examination of the symptoms revealing the alterations of the uterine tissues, we are now enabled to establish new distinctions to prove, by phathological anatomy, and the effect of treatment, that many uterine diseases are much less dangerous than have been imagined, and that they frequently are neither of a carcinomatous nor a scirrhous nature. Notwithstanding this great success, disease of the uterus sometimes resists all treatment. Every surgeon knows that many women, yielding to a false shame, refuse to submit to an examination, and permit the affection to go until an operation is indispensable; and I am compelled to observe, that although the new ideas on diseases of the uterus have already been laid before the public, yet that the old ideas are so rooted, that many physicians remain too frequently tranquil spectators of the progress made by the disease.*"

The causes which have conspired to make woman the frail, delicate, suffering being she is, are numerous. They are principally entailed upon her by the usages of society—by her false education, which has curbed and weakened instead of harmoniously developing her physical powers, and causing a well-balanced activity in the functions of every organ—by the false popular ideas of treatment, and, (pardon me if I say it,) by the false therapeutic agents of physicians themselves.

The hitherto-supposed inherently, unyielding character of ute-

* Lisfranc.

rine diseases, has probably led to the almost universal adoption of harsh remedies, which have aggravated the disease in more instances than they have cured it. The nature of the disease attacking the organ, appears to have made but little difference with the severity of the remedies used; whether it was of a kind which produced alterations in the structure, as scirrhous, cancer, tumors, pollypi, fungous growths, or ulcers; or whether it was of a kind referable to functional derangement or weakness; as prolapsus, anteversion, and retroversion of that organ, leucorrhea, neuralgia of the organ, catamenial suppression, &c.

A popular author* on the diseases of females, says: "Collating the opinions of others resting on cases, with the facts observed by myself, I am convinced that mercury and iodine a ed by iron and the horizontal position, are the best g remedies. But in cancer of the *cervix-uteri* even these to be relied on alone; external or local treatment mus ployed. The iodide of iron I have exhibited in con with the ioduret of arsenic and conium.

"These drugs, however, (referring to belladonna, stramonium, and acontium,) and especially iodine, r iron, should form a part of the treatment."

And as if it were not enough that the strer tient should be preyed upon by the disease and effect of these medicines, bleeding, leeches, sca blisters are resorted to as a local remedy. O same author says: "Blood-letting in some

* Ashwell.

section, but most frequently by cupping and leeches applied to the perineum, vulva, or *cervix-uteri*, or by scarifications of this latter part, has long ranked among the most efficient means for diminishing the rise, and arresting the advance of cancerous growths." In cases of prolapsus, retroversion, and antroversion of the uterus and other displacements of that organ, the treatment is but little milder. Referring again to the same author, he says, in speaking of these, that "cases occur where fomentations, leeches, and scarifications are required in addition to general bleeding and antophlogistic treatment."

What language can be found forcible enough to express the disapprobation such a course of treatment in these cases deserves? The system which is suffering from the wasting, debilitating influence of cancerous formations or scirrhous deposit, requires all the blood it has for its support, and by taking away any of that life-sustaining current, the chance of recovery is diminished, in proportion to the quantity withdrawn. And surely these most irritating, excruciating diseases are sufficiently exhausting to the nervous system, without any auxiliary irritants. The system, in these diseases, pre-eminently requires soothing, and the invigorating vitalization which the process of personal Motorpathic treatment gives. This should be aided by external as well as internal medication, and soothing local applications, modified by degrees to invigorating ones.

In uterine displacements, as well might we think of setting a broken bone by general or local blood-letting, as expect to replace a prolapsed uterus by it; or we might as soon expect to reduce a displaced joint by the exhibition of mercury, and

the application of leeches, as to permanently restore the flexions of that organ by such a course.

Rest, in a horizontal position, more or less strictly enjoined, is universally prescribed in uterine displacements, and very generally in other weaknesses and diseases of that organ. It is a well known physiological fact, that a muscle or tendon, if denied use, looses its elasticity, and becomes relaxed and weakened, or contracted and rigid, which, in either case, unfits it to perform its natural functions. The operations of nature should never be taken out of her hands; we may aid, but should not endeavor to supersede her. Therefore the practice of keeping the patient in a recumbent position or with the hips elevated, cannot be too strongly deprecated. Let all of woman's powers be invigorated, rather than weakened. She is prone enough, without her physician's counsel, to sink under disease into a state of immobility.

It is readily admitted, that pessaries have sometimes been useful, in the absence of better knowledge, in supporting the uterus in an upright position. But they are an unnatural support, and one to which nature will not long consent. They have far oftener proved injurious than beneficial. They have been of too large size, of an objectionable shape, injudiciously used, and almost universally worn too long without removal.

Dieffanback says that "he has frequently known the pessary to occasion putrid discharges from the vagina; in some cases dilatation to a most inconvenient extent; in others, contraction of the same organ; in other females, dangerous cancerous or fungous productions from the vaginal mucous membrane." "Some-

times," he says, "I was able to extract the foreign body with my fingers, but in many other cases, it was necessary to break it up with strong forceps, before the fragments of a stinking, encrusted substance, whose composition could not easily be determined, were removed. Several patients labored under excessive irritation of the bladder, and when the foreign body was large, many suffered for years under obstinate constipation."

My own experience fully corroborates that of Dieffanback. I have often found hardening of the vaginal membrane, and its sensibility either destroyed, or very much heightened. Sometimes there are excoriations of the membrane, and not unfrequently, when the pessary was made of india rubber, the thick, encrusted substance that had formed upon it, had eaten holes into the instrument, making it very difficult to remove with safety. It is my opinion they should never be worn. The vaginal membrane is a tissue of so delicate and sensitive a nature, that it cannot, without injury, bear the continued pressure of any foreign body.

Another artificial support it would be well to notice, on account of its popular adoption, viz: braces, or abdominal supports worn outside the person. These produce more extensive derangement of the abdominal viscera, than those worn inside; and not of the abdominal viscera and muscles only, for by their extensive pressure they check the free expansion of the diaphragm, and in consequence are an obstruction to the full and healthful inhalation or expansion of the lungs. Add to these the deleterious effect of their pressure upon the spine, through

the weakening of which the whole system more or less suffers, and particularly the uterine organs.

By these artificial supports, digestion is impeded, the free motion of the bowels is prevented, causing constipation and piles; and lastly, by constantly pressing down the bowels, the uterus, whose supporting muscles had been weakened by pressure upon the spine, is pushed out of place, and thus the very disease brought on which the supporter was intended to prevent or cure. On removing them from persons who had worn them a long time, the circulation in the capillary vessels underneath them, has frequently been found so obstructed, that the skin was quite black; and occasionally there was a large ridge swollen and hard across the abdomen, just above the supporter.

An interested advocate for supporters, remarks, that "every delicate lady, and in fact every female, should have a perfect and a pleasant and well-adjusted supporter at her command. That some ladies should wear them one month in a year, and others are required to wear them nearly all the time." By advice like this, too often by the physician as well as the vender, it has become a fashionable thing for ladies, if they are sick, to wear a supporter, and if not to wear one for fear they will be. By the use of them, weakness and inaction of the bowels, spinal diseases and uterine difficulties are very much increased.

Suppose the strong, muscular arm should be bandaged one month from the shoulder to the wrist. Would it not be debilitated and weakened at the expiration of that time? Or sup-

pose it had become weakened from some cause, and a physician should order it to be kept in a nicely-fitting steel case for a year, that it may gain strength. Would not every rational person denounce the direction as unwise and unnatural? It is not more so than the idea of strengthening weakened abdominal muscles by the constant wearing of a "nicely-fitting and well-adjusted supporter." Reason teaches that to strengthen a muscle, it must have use. And how is it to obtain use—motion—while continually lying in a horizontal position, or tied down by the pressure of a supporter?

Headaches, weakness of the lungs, dyspepsia, pain in the limbs, all the various forms of hysteria, nervous sensibility, neuralgia, tic-doloureux, constipation, piles and urinary difficulties may be, and oftener than otherwise are, the result of disease of the uterus and its appendages. So intimately is this organ connected with the brain, that it is quite impossible for the one to be affected without the other's suffering. As the disease progresses, and by its sympathetic control over the action of the other organs, first one and then another become diseased, pain in the head and giddiness supervene, with loss of memory and confusion of ideas. The sufferer becomes unable to read or apply the mind attentively to any subject for more than a few consecutive minutes.

Her wit, vivacity and brilliancy of intellect, gradually fade. All the powers of the mind become weakened, and sometimes almost imbecile. Fretfulness, peevishness and unkindness take the place of amiability and affection. The mother who was once all devotion and love, managing her household with cheer-

fulness and composure, becomes complaining, peevish and irritable. The wife changes from the ardent, loving, self-sacrificing companion, to the exacting, upbraiding and selfish invalid. Cares are unbearable, and life becomes a painful burthen.

In such cases, the physical system alone should not engross the physician's care, leaving the mind to regulate itself. For though there are cases of strong-minded persons in which this will be accomplished; yet, in a vast majority of protracted complaints, where the balance between the mental and physical powers is lost, much is gained by treatment given in direct reference to both. In some, the mental activity becomes intense, and should be reduced; and in others it is so obtuse as to cause the whole body to languish and droop, because the natural impetus which gave it life and action, is withheld or meted out so sparingly, as to barely hold the mind and body in trembling conjunction.

The mind should be restored to its normal action and by proper food and stimuli made to maintain its just ascendancy, before the health can be fully established. If a proper balance between the mental and physical systems, was originally wanting, it will be beyond any physician's power to create what never existed. But an approximation to a balance of motion may be obtained by skill and proper management on the part of the medical adviser and persevering effort by the patient.

Young women by their erroneous physical as well as mental training, are often the victims of uterine disease. Their sunken eyes, pallid cheeks, attenuated forms, and sallow skins, proclaim it. Beauty flies at its insidious approach, and happy cheerfulness is dispelled by its poisonous breath. The hectic flush,

glassy eye, distressing cough, and palpitating heart—all symptoms alarming in their nature—may often be traced to uterine derangement as their cause. Erroneously educated from childhood, woman is constantly disobeying nature's laws, until sickness and suffering have become the watch-words of her life.

True it is, that all must pass away; that the present sphere of existence is not the abiding one; and that by the habits civilization has established, disease has been made the passport to that land beyond, whose portals are pierced only by the eye of faith and from whence no tidings are received save those which fall from the tongue of prophecy. But this is no reason why sickness and suffering should be the accompaniment of life through all its stages; or why when constitutional habits predispose to chronic disease, the invalid should languish for months and years prostrated upon a bed, or confined in-doors.

When Motorpathic principles are understood and put in practice, no such necessity will exist. The helpless victims of the so termed incurable diseases, will not be told to gird the loins with patience and suffer on, because for them there is no help. But rather wise physicians will buckle on their armor, and furnish them with weapons, with which they shall battle with their disease, and win the victory.

MOTORPATHY discards the use of artifical supports and all harsh medicines in the cure of uterine difficulties, but is in itself, a system of statuminating and vitalizing motion, founded on new pathological principles, by which permanent cures have been effected with an ease and certainty, heretofore unattained by any system of therapeutics.

CHAPTER III.

Functional Diseases—Amenorrhea—Cases—Treatment.

THOSE diseases of the uterine system, which depend on an increased or diminished natural secretion, or upon a vitiated one, unaccompanied by change of place or structure in the organs, will be called functional diseases. Of these amenórrhea—a suppression or non-appearance of the menses—will be the first spoken of.

It is common to see girls, at some period between the ages of fourteen and seventeen, put on an appearance of over-growth. Their bones and sinews—the mere frame-work of the body—seems to have extended in advance as it were, to have got start of the muscular and vital system. As health and st depend upon a balance of activity or motion in all t' which gives a corresponding harmonious developme whole system, this want of balance between the fram the body and the development of muscle which give strength, elasticity of action and gracefulness of it itself a sufficient indication, that nature has not the exterior physical developments which shoul menses.

It is not desirable that the menses should physical system approximates to its full d stimulating diet, sedentary habits and injudic

ing, it is quite common for girls at this age to show evidences of a plethoric state of the system. In these cases if the menses do not make their appearance, danger is to be apprehended, from the fulness of the blood-vessels which may produce hysteria, convulsions or epilepsy, or predispose to inflammations and congestions, particularly, of the brain or lungs. The girl, though apparently fresh and healthy, is not strong. She has flushings of the face, weakness of limbs, languor and tremors.

In both these forms, under which there is a non-appearance of the menses, motion—increased action—is so obviously indicated that the more judicious physicians have generally made active exercise one of their prescriptions, as riding on horseback, household employment, walking, &c. If to active exercise in the open air, commenced according to the strength of the patient, regularly taken and gradually increased, be added a moderate and judicious use of baths, particularly of the shower and sponge bath, with a regulation of the diet according to the habits of the patient, no other treatment or medication will be necessary in ninety-five cases out of a hundred.

Baths not taken on Motorpathic principles, or merely for the object of cleanliness, are comparatively of little use; and when many are taken in a day, are generally directly injurious. The object constantly kept in view in the taking of baths, should be their tonic effect, which results from the impetus which they give to motion in the system. For this reason a cold bath should never be taken without first producing action in the system sufficient to determine the circulation to the surface. After a bath, brisk exercise should again be taken to produce re-

action and a glow of warmth upon the surface. When this principle of action and re-action is not recognized and acted upon in the use of cold baths, there is danger of chilling the circulation, or of occasioning congestion of some internal organ, by driving the fluids so forcibly from the surface and neglecting to propel them back again by vigorous reaction. The beneficial effect of baths judiciously taken with this Motorpathic object in view, can hardly be too highly estimated.

In both the forms of tardy menses under consideration, the diet should be of easy digestion and so chosen as to obviate any irregularity of bowels which may exist. It is particularly necessary that no hard fæces should be allowed to accumulate in the rectum, for by their presence the uterine nerves are very much irritated, causing liability to hysteria or some nervous accident, and the circulation in the vessels is retarded, occasioning a hindrance of the appearance sought. The diet in the plethoric cases should be spare, confined mostly to milk and vegetables. In the others more full and nourishing, but without an admixture of rich compounds, as cake, sweetmeats and pastry, or fat and oily substances.

When the girl is seen to be improving, her countenance to be more animated, with less repugnance to exercise, and her strength increasing, no uneasiness need be felt. An unremitting perseverance in her renovated habits, will eventually assist nature to the accomplishment of her purpose, in perfecting the girl's womanhood.

Where these means fail, or where there is great urgency of symptoms, a full Motorpathic treatment should be resorted to,

aided by warm or vapor baths, alternated with showers. These are particularly useful at those times, when nature makes periodical efforts to bring on menstruation. Magnetism or electricity is another aid, which can be beneficially applied in those cases, as an incentive to motion.

In all cases of suppressed menses without the supervention of pregnancy, old age or an incurable disease, as phthisis and some others, a cure can be effected by procuring a balance of motion, between the two forces of the body, and keeping it active in all its parts. When this is done, nature requires no emenagogues to force her to action, which frequently leave such deleterious effects upon the constitution; but quietly performs her office without pain or sympathetic disturbance.

Mrs. ———, aged 23, applied for admission, Oct. 2d, 1850. She had a total suppression of the menses for ten months previous, during which time her health had rapidly declined. Her uterus was found to be considerably enlarged, being in a congested state. Her improvement under treatment was immediate. The congestion of the uterus was gradually reduced, and in six weeks she menstruated freely with trifling pain.

Cases of simple amenorrhea have seldom applied to this Institution for relief. They have generally been in complication

with other diseases. The simple forms of uterine disease are not so often met singly, as in combination with other difficulties. At all events I have selected cases as they usually occur under my observation and I think such as the physician frequently meets in practice.

Miss ———, aged 30, entered the Institution, Oct. 31, 1850, for relief from a complication of difficulties, following in the train of suppressed catamenia. Ten years previous, she had had a suppression of the menses for several months. When they at length made their appearance, (probably through the improper use of emenagogues,) they were too frequent and her flowings immoderate. These attacks of profuse menstruation for months together, had alternated with suppressions of longer or shorter duration, up to the time of her entering the Institution. Her nervous system was much deranged. She could not tolerate the presence of company—had severe periodical headaches—turns of great anxiety of mind—had an habitually impaired memory—could sit up but little—was dyspeptic, and had frequent diarrheas. She was also troubled with strangury and a very offensive leucorrhea, with much heat and pain along the spine. Four months after, she returned to her home, not robust and hardy but in comfortable health, her diseases cured. Though not at all times free from pain and uneasiness in different parts of the system, she could endure a good amount of exercise, and walk miles at a time without injury.

Mrs. ———, aged 30, applied to the Motorpathic Institution, Rochester, New York, on May 29, 1850. She had been suffering seven years from a combination of diseases. At the time of her application, her constitution had become a perfect ruin. She was suffering from spinal irritation occasioning paroxysms of pain, also severe headaches accompanied with heat and a sense of heaviness. She had leucorrhea and a retroversion of the uterus, and her system had become so prostrated by the ravages of these diseases, that for eleven months previous she had not menstruated. Supporters and pessaries had been worn without benefit, and the only effect of the powerful emenagogues which her physician had prescribed, was to sink her still lower. Her stomach suffered much sympathetically, only retaining the lightest food. When under treatment the uterus soon assumed and maintained its natural position—(see Uterine Displacements, Chap. ix.,) and she improved rapidly. In five weeks her menses appeared, occasioning little pain or disturbance, and occurring regularly afterward. At the expiration of ten weeks, she returned to her home, cured. During the last weeks of her stay, she took daily walks of miles at a time in addition to the other exercises required.

Mrs. ———, aged 23, entered this Institution, Oct. 3d, 1850. She had been in ill-health one year; during which time there had been a total suppression of the menses. This was a very singular case. There was a tense contraction of the abdominal

and intercostal muscles, so that the ribs, chest, and abdomen on pressure, presented the appearance of an unyielding, solid substance. She was much emaciated and her countenance presented a peculiarly cadaverous appearance. She had spinal weakness, pain in the left hip, and very weak nerves. This case was unlike any other which had previously come under observation. When she had been under treatment three weeks, the ribs had become to quite a degree flexible, and the abdominal muscles yielding and elastic. Five and a half weeks after her entrance, the catamenia made its appearance, and at the end of eight weeks, she left with apparently a perfect restoration.

In speaking of treatment, it would be impossible to enume-
rate and explain all the different modes and means used, t
vivify and make active every part of the body; and not on
to establish a balance of motion in the system as a whole
to produce a vigorous action in every organ and gla
every part and point of the body. Suffice it to say t
therapeutic agent is chosen with direct reference to
ity of increasing, producing, or continuing the a
motion; whether it be water, electricity, exercise,
any other means. The test of choice is its avail
one end—the establishment of motion. Amon
peutic agents, that part of Motorpathic treatmen
ally, which is a process of statuminating vitali
the head.—(See page 24.) Diet, the use of

dry-cupping, various modes of exercise, and medication by internal or external application, are resorted to, when the occasion demands, as aids to a more speedy realization of the object proposed.

Various baths are used, modified in temperature, to suit the exigencies of the case. Those most estimated are the shower, the sponge, the sitz and vapor baths; douche baths variously applied; the acid and sheet baths; with warm, cold and alkaline packs. Warm baths with few exceptions are immediately followed with shower-baths of a more or less reduced temperature. The two in connection have proved very beneficial in cases of obstinately torpid action, slow circulation, and where it was difficult by other means to produce a perspiration, or bring the circulation briskly to the surface. Dry-cupping is also much esteemed, especially in the removal of stricture and to aid in the resolution of deep-seated or organic pain.

CHAPTER IV.

Dysmenorrhea.—Cases.

The influences of an artificial life have become so inwoven in the constitution of females, that the periodical appearance of the catamenia is seldom unattended with pain. There are rare cases of menstruation so healthy, as to be unattended throughout, by physical disturbance. But in the vast majority of cases, there is more or less pain about the loins and through the pelvis, with a sensation of fullness and weight. Heaviness and pain in the head often precede and attend menstruation; also pain in the lower limbs, with weakness and a sense of dragging in their movements. These symptoms are so common, that unless they become very much aggravated, medical advice is seldom sought.

In that state of aggravated accession of pain, at the menstrual period termed dysmenorrhea, the unhappy sufferer is eager to obtain relief; and failing of finding it, is apt to run from one remedy to another, in a too often fruitless search. The pain frequently comes on in paroxysms resembling the earlier labor pains. Sometimes they are attended with convulsions, at others with some febrile excitement. Usually the face is pale and sunken during the continuance of the severe pain. Sometimes the pain precedes the menses; at others they come on together, and usually the pain abates when the menses flow freely.

There are cases in which the pain continues throughout the period, and others in which it commences toward the close.

Persons of full habits are thought to be more subject to this disease than others. Certain it is, that persons of ardent temperament and sensitive natures, who are predisposed to nervous attacks and to hysteria, are most usually its victims. The disease has been allowed to depend on a highly irritable state of the uterus. This irritability is caused by a partial stoppage of the nervous circulation through the organ. The *vita-motive* power being obstructed in its passage, the minute mouths of the arteries and the secreting vessels, are not sufficiently vitalized to act freely, and a partial congestion takes place.

It is a law of nature, that in whatever part of the body extra labor is required, there the vital forces are summoned in increased quantities to perform it. And when they are thrown out of balance, and do not readily attain their object, pain is the consequence; and that pain is in proportion to the amount of nervous action or nervous sympathies involved.

A full Motorpathic treatment, including baths and magnetism, has not been known to fail in procuring healthy menstruation. In some habits slight pain is felt at the recurrence of the periods after a course of Motorpathic treatment, but less than that generally attending females who consider themselves healthy. Still, in the majority of cases of dysmenorrhea, who have taken this treatment and who continue daily active exercise, and approximate to an assimilation of their habits to the laws of health, menstruation comes on without premonition.

Miss ——, aged 18, entered the Institution, June 11th, 1851, for treatment for dysmenorrhea. Menstruation had been painful since its first occurrence, which was in her fourteenth year. During the eighteen months previous to her entrance, her general health had suffered considerably. She had pain in the back most of the time, which was found to proceed from the irritation attending the commencement of a spinal curvature. She had some symptoms of dyspepsia, raising portions of her food immediately after meals. She was troubled with pain in the head—had a slight cough, with some pain in the upper part of the chest—also had ulceration of the bronchia, for which nitrate of silver had been used, giving but temporary relief. Her improvement was immediate. She left at the expiration of eleven weeks with better health than she had ever before possessed. Letters have been received from her since, giving flattering intimations of the strength and elasticity which her constitution is acquiring. She has had no return of p' menstruation.

Mrs. ——, aged 38, commenced Motorpathic tr 17th, 1851. Her health had been declining sev last five of which she had been unable to walk fined to her room. During the first three years health, she suffered excruciating pain at the t strual periods. Since that, or for the last fo at her periods had not been so severe. A s

in the abdomen, just above the pubes, which she had observed there for some three years. She complained of a "distressed feeling," rather than a pain in the region of the tumor. On examination, I satisfied myself that it was simple enlargement of the uterus, an opinion which I did not see occasion to change. Her menstruation had occurred regularly, or nearly so, during the whole time. Her nervous system was very much prostrated—her stomach inactive—and her bowels irregular. She staid in the Institution ten weeks, in which time the uterus was reduced to its natural size. She left with comfortable health. She was not strong, but able to take walks of one or two miles at a time, and a proportionate quantity of other exercise.

Miss ——, aged 25, entered the Institution, November, 1850. Her health had been declining eight years. Her first disease was dysmenorrhea of a very painful character. It continued to be the primary cause of her after suffering. She would be taken at her periods with chills, some pain in the back and pain in the head so violent as to occasion delirium. The intensity and duration of these attacks continued increasing until she was prostrated upon her bed, to which she had been confined the last five years. During much of this time her nerves had become so weak and easily irritated as to render her unable to bear the presence of any one but her nurse. There was constant pain in the lower cervical and dorsal vertebræ, and in the right side and upper part of the chest. She had acidity of the

stomach, indigestion, cold hands and feet, palpitation of the heart, and was very much emaciated. On examination, her uterus was found to be fallen so low as to rest upon the perineum, and in a very congested state, being more than twice the usual size. Chronic inflammation of the organ had supervened from its continued functional derangement, the displacement having been caused by the severity and expulsive tendency of the periodic pains. Her improvement under treatment was not at first rapid, but after a few weeks, the enlargement of the uterus was reduced, and its ascension to a natural position maintained, when her improvement became more satisfactory, and in three and a half months she left in good health. Her dysmenorrhea was so far cured, that menstruation occasioned but slight disturbance of the system. She took her exercises and walks, during her periods, without detriment. She walked habitually before leaving the Institution, from five to ten miles daily. When she returned to her home, she commenced house-cleaning, and entered at once upon the laborious duties of the household.

CHAPTER V.

Menorrhagia.—Cases.

The term *menorrhagia*, is used to denote morbidly profuse menstruation, whether that discharge be accompanied by the loss of pure blood or not.

Very many females suffer from this disease, in a more or less severe form. When, at each period, the amount of this fluid secreted, is beyond that compatible with health; or when a quantity of pure blood, known by the presence of coagula, escapes with it, the disease is very insidious, and the constitution frequently becomes undermined before absolute danger i-thought to exist. In this state of the system, other constitutional diseases are apt to develope themselves: as consumption, dropsy, and the severer forms of uterine disease, particularly displacements and offensive leucorrheas.

In the more severe forms of menorrhagia, whether active or passive, the danger is often imminent from the sudden loss of blood. When the immediate danger is passed, the strength is so prostrated, that the system has but time to imperfectly rally before the occurrence of the next period. Frequently there is no respite, one period extending into another, so that there is no freedom from flowing, the only variations being times of its greater or less severity. In this state of the disease, the patient

is often unable to take the least exercise, or even be raised from the bed, without occasioning an increase of the discharge.

The complexion becomes bloodless, sallow or chalky; the countenance pinched or bloated; the feet and ankles swollen; and frequently the whole body becomes anasarcous. Palpitations of the heart, tremors, headaches, and a sense of exhaustion attend this stage. Syncope is often an alarming attendant, and the stomach refuses almost all efforts at digestion, so that there is little means of repairing the great waste of the system.

It will be seen by the cases given, that Motorpathy, by inciting a free motion of the life-giving, life-sustaining, brain-principle, in the uterine organs, and stimulating the healthful attractions and repulsions, between this *vita-motive* power and the arterial circulation; gives new energy to the functions of the uterus, and causes the open mouths of the arteries on its internal surface to contract. The continued escape of blood is thus prevented, and by frequent repetition, a habit of action and reaction or energetic vital motion is induced, which strengthens the organs and prevents a relapse.

The application of cold water, douches and friction are essential aids in establishing a just equilibrium of motion. The diet is a matter of much consequence, which should be unstimulating and light, but nourishing and mostly composed of farinaceous substances. The air of the sick-room should be kept pure by constant ventillation.

Mrs. ——, aged 36, entered the Institution, July, 1851. She had been subject to profuse flowing for several years. For five months previous to her entrance, she had been but a small portion of the time free from flowing; and was then suffering severely from it. She had been so reduced by it, as to be unable to feed herself. She complained much of her head—was very weak and nervous—had irritation of the bronchia—was chilly and cold most of the time—was much emaciated—very pale, with a pinched expression of the countenance—and her menses had never been very regular. Previous to the time of her being subject to attacks of menorrhagia, she had sometimes passed several months between her periods of menstruation. She had been at different times under the care of some ten physicians; had worn a supporter four years, and had attended two hydropathic institutions; one, four; the other, six months. On examination, the uterus was found to be much relaxed, laying lower in the vagina than natural, with the *os-uteri* open, so as easily to admit the finger. Contraction of the uterus and its muscles was effected, and after a few weeks' treatment, her menorrhagia entirely disappeared. Her uterine functions were restored to a healthy condition, and she was able to endure more bodily exercise and fatigue than she had for many years previous.

Mrs. ——, aged 32, entered the Motorpathic Institution, August 7th, 1851. She was very feeble—unable to sit up or bear her weight upon her feet. She had been subject to violent

attacks of menorrhagia, and at that time was flowing continually from one period to another; having no respite or time of complete cessation between. Her friends supposed her to be in the last stages of consumption. She had never been very healthy—was of a nervous temperament—and highly impressible. She had suffered many years from chronic inflammation of the kidneys—had *prolapsus uteri*, with constant pain in the back, increased on slight exertion—had spinal irritation—general weakness of the lungs—short, dry cough—and a catarrhal affection of the head, throat, and bronchia. For years she had been subject to a discharge of bloody matter, from the throat and mouth during sleep: also had eruptions upon the skin, and was highly scrofulous. The physiological condition most in her favor, was cheerful, mental activity; and her best symptom, a firm determination to get well. This hopeful determination is very desirable in a sick person. Then the will of the invalid, co-operates with the efforts of the physician, and thus the b
rier is doubly guarded against the further enroachments
ease. Through the powerful influence of statuminati
zation, the uterus was made to resume its natural p
healthy action—consequently the hemorrhage cea
mained ten weeks and improved in that time so
take longer walks than she had before done i
On leaving she expressed her conviction that all
weakness of the uterine organs were removed.
plaints were very much benefited, but the ti
for their radical cure.

Mrs. ——, aged 31, commenced Motorpathic treatment, Sept. 1851. She had been out of health eight years, and the last three years of the time confined to her bed. She had menorrhagia of so severe a character, that, for the year previous, she had not been raised in bed. Her vitality was very low. The sense of feeling was very much deranged over the entire surface of the body, excepting the hands. The uterus and adjoining external organs were completely paralysed. In other parts of the body, this obtuseness to the sense of touch, appeared to be in the skin only.

Ten days after commencing treatment, she walked with assistance through a long hall. Her improvement was rapid, considering the circumstances of the case; for paralysis of the uterus and external organs is one of the most obstinate diseases, which attacks those parts. But it is perfectly curable when sufficient time is given, by Motorpathic treatment. This lady's system was fully aroused from its state of torpidity, into one of natural action, and the sense of feeling perfectly restored. The following extract is from a letter received from her, Nov., 1852: "I am very pleasantly situated in the capitol of ———, and have been remarkably well since I left you. I have traveled 1100 miles in the last fortnight, without any inconvenience or injury. If I could have the same regularity here, that I had while in your Institution, there would be nothing to hinder me from restoration to good health. But I am so happy in being once more able to attend church, and engage in the pleasures of society, from which I have been so long excluded. I should be pleased to hear from the Hall, for my associations were so

pleasant while there, that anything from that place would be interesting to me."

Mrs. ——, aged 42, entered the Institution, May 15, 1852. She had been out of health many years, her first complaint having been *prolapsus uteri*, brought on by hard labor. At the time of entering the Institution, menorrhagia was the most urgent symptom. She had been two years unable to bear her weight upon her feet, the least exertion or mental anxiety, bringing on a turn of flowing. She complained of dizziness, "roaring, and all kinds of noise in the head," attended with attacks of severe neuralgic pain. She suffered from general derangement of the nervous system, spinal irritation, urinary difficulties, constant pain in the back, and costiveness. She remained eleven weeks, and left cured. A lady lately coming to the Institution through her recommendation, says that "she is quite well, enjoying better health than ever before."

Mrs. ——, aged 23, had a child about a year previous time of her entering the Institution. Her health had be delicate since. About three months after the birth of ' she had a severe attack of uterine hemorrhage or me These attacks of flowing continued to harass her onc eight days, up to the time of her entering this

These attacks had prostrated her very low, and towards the last, they had been accompanied with vomiting and convulsions. In the interval, she had a profuse leucorrhea. After six weeks' stay, she returned home, free from leucorrhea and flowing, her general health much improved, able to sit up all day and to walk from half a mile to a mile at a time.

Mrs. W——, aged 36, had a curvature in the lower part of the spine, making one hip higher than the other. Two years previous, she had been taken with severe pain in the small of the back, and profuse flowing, which reduced her very much, and left her subject to similar attacks from the least exertion. She sometimes *flowed* so profusely as to cause her friends and physician to despair of her recovery. Her feet and ankles were swollen, and she suffered much pain in the head and face from catarrh. She returned to her home in two months, cured, with the exception of one hip remaining a little larger than the other. She took a large amount of exercise—calisthenic, gymnastic, &c., besides walking a number of miles daily, before she left.

CHAPTER VI.

Leucorrhea.—Cases.

Of all the prevalent maladies that affect the system of woman, there will perhaps none be found that attacks so large a number of all classes and ages, as that of leucorrhea; or as it is sometimes termed, *fluor-albus*. This disease is a morbid secretion of whitish or milky mucus from the vagina or uterus, and is vulgarly called "whites." Perhaps there is no other disease, that is so much neglected by females, or about which there is so much ignorance existing, as upon leucorrhea and its consequences.

It so completely destroys the beauty and brilliancy of a woman, that as soon as its presence is detected, it should be arrested. Its first symptoms are a pale, sallow countenance—dejected spirits—failure of appetite—debility and languor. In its milder form many suppose it a natural secretion, alternating with menstruation; and have allowed it to progress, attributing its deleterious consequences to some other cause, until sympathetic or chronic disease manifests itself in some part of the system. But in perfect health there is no such discharge. It is a diseased secretion of the uterine and vaginal mucus membrane. "In health there is an accurate relation between the amount of secretion and the purpose which it serves; viz: lubrication of the surface. When, from any

cause, its amount is increased beyond what is necessary for this important end, it is morbid." Every form of it, whether mild or malignant, acute or chronic, is a disease, and should be checked as soon as possible. All dread the results of a seated cough, yet it is no more baneful in its effects, than a chronic leucorrhea.

There is such a close union existing between the mind and body—between mental and physical disturbances—and in woman particularly, there is such a close connexion between her brain and uterus, that an impression made upon the one is reflected upon the other. Whenever the mind is oppressed by grief—whenever the affections are aroused to a morbid action—or the passions become irritated and excited—a sympathetic action ensues upon the delicate and sensitive tissues which line the vagina and uterus, and a diseased action sets in, which if not arrested at the commencement, will seriously affect the health, and, in the end, endanger the life. On the contrary, it is quite impossible for the uterine organs to be excited, without a responsive action taking place in the brain.

Hence the associations of every day life—the luxurious indolence of wealth—the fashionable style of living—crowded assemblies and heated rooms—stimulating diet and the light literature of the day, all conspire to render woman a fit subject for leucorrhea and other uterine diseases. On the other hand, the absorption of the mind in intense study, withholds the *vitamotive* power from the uterus, thus producing a loss of harmony between the brain and uterus, and again diseased action ensues. The same as when, to feed the action of the brain, the

vita-motive power is withheld from the stomach, weakening the digestive functions and causing dyspepsia.

The practice of introducing young girls into society, at the age of twelve and fourteen, cannot be censured too severely. Nature is effecting a change in their constitution at that age; organs are developing themselves; the secretions are changing; the mental capacities are enlarging and strengthening; the imagination is finding new themes for contemplation and the affections are rapidly expanding. The passion of sexual preference, which before had been dormant, now rises into being, causing her to retreat with glowing cheek and brightened eye into the solitudes of her chamber, that she may brood undisturbed over the new thoughts and feelings that are thronging within; changing in a few months the light, gay, and joyous child, to the modest, timid, bashful maiden. In this state she requires not only that the watchful eye of a mother's love should note every change in the physical system, but also that her mind should be guarded with the utmost care, to prevent a sickly imagination from taking the place of purity and chastoness of thought as well as act.

From these considerations, how can a mother, who values her daughter's highest welfare, expose her at such an early her life to the impure air of a crowded room, where she will receive flatteries and attentions from the other sex, many whom are far older than herself, who only soil and stain purity and freshness of this fragile flower, whose leaves are just unfolding. What can be more dangerous than to s her at this delicate period to the intoxicating excitement

whirling dance in mixed assemblies, where, by continued, repeated, and violent exertion, the blood is sent leaping through its channels instead of circulating quietly, thereby generating such an amount of heat, as to weaken every muscle, and debilitate the whole system.

In this changing condition of her constitution, every scene which acts upon the imagination, affections, and passions, vibrates upon the uterus and vaginal membrane, exciting their sensibilities, producing irritation and disease, and in many instances inducing secret practices that corrode both mind and body, and hurries their victim to a premature grave. Would that every mother could realize her responsibilities and the danger accruing to her daughter from negligence of the causes and results of this disease. At its first approach, daily and faithful ablutions, a well-regulated diet, invigorating exercise in the open air, early hours and abstinence from all causes of excitement, should be carefully attended to, in order to strengthen the general health, and remove through that the local irritation, so as to prevent any farther increase of such a loathsome malady.

But young girls in their puberty are not the only persons who, by over-exertion, or excitement, or the disobedience of physical laws, are subjects of leucorrhea. Young and married ladies are often even greater sufferers from it. There are comparatively but a small number who do not, at some period of their lives, show visible signs of the encroachment of this disease. Some who are robust and vigorous in their physical formation will suffer with it through life without much inconvenience but they grow old prematurely in their habits and appearance,

and their life is much shortened. Its effects are too visible in the face, ever to be mistaken. It is the destroyer of both beauty and health, for the perfection of the latter is the full development of the former.

Nearly two-thirds of all organic uterine diseases, are preceded by leucorrhea. This disease is a constant drain upon the system. Every organ separates its secretion from the blood; and when the vaginal or uterine membrane secrets more than is necessary to lubricate its surface, that surplus is taken from the blood, which should sustain other parts of the body. By this diseased action, some persons will lose two or three ounces in a day. Let such an one think of the debility that would ensue, if that amount of blood were daily taken away by bleeding. Yet the drain by leucorrhea is more injurious than bleeding, for it not only takes away so much nourishment and strength from the whole body, but by the irritation caused by it, inflammation of the uterine organs, menorrhagia, displacements, and other organic and functional derangements may ensue. Chlorosis, which perhaps excels every other disease in its beauty-destroying influence, is very frequently the result of fluor-albus. A sallow skin—colorless lips—emaciated form—cold hands—a shrunken, wan, despairing countenance, and a fœtid breath are marks of its inroads.

Ladies of plethoric habits often suffer from fluor-albus, in consequence of their high living, and through sympathy it affects the mucous membrane in the whole system, and engenders disease in every part. If women would avoid this unwholesome malady, they must deny themselves many of the

stimulating dishes, which are placed on the table to tempt their appetites, and take regular exercise in the open air, and be particular in their daily ablutions. It is an erroneous idea existing in the minds of many, that daily bathing the whole body in cold water, particularly about the loins, is injurious to health. The want of proper cleanliness is often the cause of leucorrhea.

The excessive reading of works of fiction, also causes this disease. By enervating the mind and morbidly exciting the imagination, subjects of thought and meditation are presented, that awaken the passions, and operate directly upon the vaginal membrane. Miscarriages and frequent child-bearing, as well as uterine displacements, produce leucorrhea as a sequence, by irritating and debilitating the uterus, and preparing it for still more extensive disease. The suppression of the menses, sudden checking of the perspiration, the repelling of milk in the breasts, protracted lactation and a pregnant uterus, are often causes of leucorrhea. In the latter case, the ovum is separated by the slightest cause, so that extreme quiet is necessary during the first few weeks. In the latter months of pregnancy, fluor-albus may be rather looked upon as a relief, if not excessive, for the pressure of the gravid uterus, and the great determination of blood to that portion of the system, frequently produces symptoms of heat, weight and discomfort, which are relieved by this discharge. The use of pessaries, or other foreign substances, introduced into the vagina for other uses, are often the unsuspected causes of long-standing leucorrhea.

In chronic leucorrhea, the discharge is more or less constant and profuse, mucus or purulent, or a mixture of both, and may

become green and offensive. The quantity poured out is often very abundant, sometimes amounting to a pint and a half in twenty-four hours; "it will then be expelled in gushes on any change of posture." In these cases there is "a very relaxed vagina, often accompanied by prolapsus of the uterus; there is great emaciation and debility, the eyes are hollow, the face pale or chlorotic, the pulse feeble and rapid, the feet often anasareous, the respiration short and labored, to which succeed palpitation of the heart, dragging pain in the back, inability to exertion, profuse nocturnal perspirations. Unless remedial efforts be successful, after a protracted scene of much general suffering, the patient dies, exhausted."

When the vital forces each contribute its just share to the support of motion in the uterine system, healthy functional action is the result. Statuminating vitalization is a reliable agent for producing this effect. It may be aided by baths, particularly the hip bath, by injecting tepid or cold water into the vagina, by the application of magnetism, (usually from an electro-magnetic machine,) by dry-cupping applied to the sacrum and groins, and by whatever tends to invigorate the system, strengthen the muscles, and directly or indirectly contributes to the support of motion in the body, or to its equalization or harmony of action in its different parts.

Miss ——, aged 20, had been in delicate health since puberty. Menstruation had never occurred with her at regular periods,

and she suffered constantly from leucorrhea. Her back and abdominal viscera were much weakened. She was very nervous, had wakeful nights, was easily excited; there was derangement of her digestive functions, irregularity of the bowels and piles. The morbid secretions were soon corrected by this vitalizing treatment, and a complete change produced in her constitutional habits. She has often been heard from since, and continues in the enjoyment of good health.

Miss ——, aged 24, commenced treatment, Sept. 1849, for leucorrhea, which had brought on a general weakness of the nervous system, and hysteria. She was of a full habit, with a craving appetite. She frequently had a flushed countenance, and to an ordinary observer, put on the appearance of robust health; but any trifling excitement would throw her into paroxysms of hysteria, frightful to witness. Three months' treatment brought her uterine organs into a state of healthy action, her general health became firm, and she was no more troubled with that distressing disease, hysteria.

Mrs. ——, aged 27, entered the Institution, Nov. 1849. She had suffered from leucorrhea many years. During the last four or five years it had become very offensive, and of various colors, changing from red to green. Her periods were painful, and she

had a very weak back, attended with heat and pain. *Prolapsus uteri* had come on, and the last three years she had been confined to her bed. After six weeks' treatment, she returned home in comfortable health, free from leucorrhea, and the *prolapsus uteri* cured.

Miss ——, aged 23, commenced treatment, April, 1870. Had been in ill health three years; system very much out of tone—somewhat dyspeptic, obstinately costive, had bilious vomiting, cold hands and feet, and weak lungs. She suffered from neuralgia, had spasms, had long been troubled with leucorrhea, and later with *prolapsus uteri*. She left six weeks after, in good health, relieved of all her troubles. She has since married, and continues in good health.

Miss ——, aged 26, had been out of health four years. Her first disease was leucorrhea. She had become very nervous, was costive, had painful menstruation and a disordered stomach. For a year past she had suffered from *prolapsus uteri*, brought on by the continued weakening effects of leucorrhea. After nine weeks' treatment, she left cured, and has continued in good health since, now over two years.

Leucorrhea is nearly, if not always, an attendant symptom of the displacements of the uterus, particularly of *prolapsus*. In these cases the displacement must be reduced before any treatment will be found to have much effect in lessening the discharge. As long as the irritation of the displacement is present as an exciting cause, little can be done in controlling the secretion. But in Motorpathic treatment, where the reduction of these is rendered easy and certain, the difficulty of curing leucorrhea is very much lessened. The statuminating vitalization, which imparts vigor to the uterine organs, sufficient to enable them to maintain their position, cannot but stimulate to more healthy action in their secreting vessels. No difficulty has been found in bringing the organs to a healthy condition where leucorrhea has been dependant upon functional derangement, or upon the irritation proceeding from displacements. When leucorrhea proceeds from the disorganising progress of some disease of the uterus or its appendages, it puts on a very obstinate character, and sometimes baffles all attempts at control. In these cases, leucorrhea is not the disease. The presence of a discharge resembling leucorrhea, is only symptomatic of a worse, and too frequently of a fatal malady. Carcinoma, except in its earliest stages, I have never seen cured. Schirrous formations in the uterus, and very painful ulcerations of the *cervix uteri*, which put on a cancerous appearance, have with more or less difficulty been cured, but against the ravages of seated cancer, Motorpathy has as yet been powerless.

CHAPTER VII.

Irritable Uterus.—Cases.

Irritable uterus, or, as others have called the same disease, *neuralgia of the uterus*, is a disease to which the attention of practitioners has not, till of late, been called. It is generally thought to be of comparatively rare occurrence, though from my own experience, I should think it a frequent attendant of displacements. I have usually found it connected with an irritable state of the vagina, "characterised by excessive tenderness when the lining membrane is touched by the finger, or the male organ; hence sexual intercourse cannot be indulged, or if it be" it occasions much pain. Dr. Dunglison remarks that, "the affection is apt to resist every effort of treatment, so that the patient is compelled to endure it through life; and to avoid those exciting influences which she knows develope suffering." The symptoms of an irritable uterus cannot be better described than in the words of Dr. Gooch: "A patient complains of pain in the lowest part of the abdomen, along the brim of the pelvis, and often, also, in the loins. The pain is worse when she is up and taking exercise, and less when she is at rest in the horizontal posture; in this respect it resembles that of *prolapsus uteri*, but there is this difference, that in the latter, if the patient lies down, she soon becomes quite easy; but in the complaint of which I am speaking, the recumbent posture, althoug

it diminishes, does not remove the pain. It is always present in some degree, and severe paroxysms often occur, although the patient has been recumbent for a long time. If the uterus is examined, it is found to be exquisitely tender, the finger can be introduced into the vagina, and pressed against its sides without causing uneasiness, but as soon as it reaches and is pressed against the uterus, it gives exquisite pain. This tenderness, however, varies at different times, according to the degree of pain which has been latterly experienced. The neck and body of the uterus feel slightly swollen, but this condition also exists in different degrees, sometimes sufficiently manifest, sometimes scarcely or not at all perceptible. Excepting, however, this tenderness, and occasionally this swelling, or rather tension, the uterus feels perfectly natural in structure; there is no evidence of scirrhus in the neck, the orifice is not misshapen, its edges are not indurated. The patient, finding her pain greatly increased by rising and walking, soon learns to relieve herself by lying on the sofa, and at length spends nearly her whole time there. Notwithstanding this precaution, there is always a considerable degree of uneasiness, but this frequently increases to severe pain. These paroxysms generally come on either a few days before menstruation, or (as is the case in many instances,) a few days afterwards."

He speaks of the disease as one of great obstinacy, and of his mode of treatment, as having been tardy in efficacy in most cases, and vain in some; and wishes he had a shorter and surer mode of cure to communicate.

His treatment consisted mainly in confinement to the hori-

zontal posture which he enjoined strictly, depletion, narcotics and external irritation. And this, with some variations, has been the course generally followed by practitioners since.

The Motorpathic mode of treatment is almost diametrically opposed to this, and in the great number of cases which have been treated by it, there have been none who were not greatly relieved and made comfortable, and the most were perfectly cured. It has always been thought that those cases which could not be said to be cured, might have been perfectly restored had they remained under treatment a sufficient length of time. But where a lady remains but a few weeks, for the removal of a malady of so obstinate a nature, it cannot be expected that a restoration to perfect health, can always be the result.

Soothing applications, modified by degrees as they can be borne without pain to invigorating ones, have been found to aid in lessening the irritation. *Douche* baths, graduated in force and temperature as the parts can bear, have been of essential aid in perfecting the balance of motion in the organs, and preventing a relapse after the irritation had been allayed and the tenderness controlled by the process of vitalization. Fomentations, warm hip baths, vapor baths, and dry cupping aid in alleviating the paroxysms of pain. Warm bathing should only be resorted to in cases of emergency, unless the patient is able to bear the application of the cold shower or sheet bath after, as it has a relaxing effect upon the system, and suppresses vigorous re-action, instead of promoting it.

Mrs. A——, aged 32, of an excitable temperament, applied to the Motopathic Institution for relief from an irritable state of the uterus and vagina, from which she had suffered twelve years. She had no children. Sexual intercourse gave great pain, in so much that it had been a prohibited thing during the most of her married life. She suffered much pain in the pelvis and loins, which extended also down the limbs. Pain in the left side was very troublesome, extending across the abdomen from the left hip. Her circulation was a little accelerated at all times, and the least emotion or excitement rendered it much more so. She had been able to take but little exercise, and was subject to paroxysms of severe pain, sometimes lasting two or three days; at which times she suffered intensely. These usually came on a little previous to menstruation. Her lungs were weak. She was subject to attacks of bronchial irritation and cough, which would subside in a few weeks, and soon after disappear; leaving the lungs and bronchial tubes apparently free from disease. On examination *per vaginam*, the whole surface of the vagina and uterus was found to be in an exquisitely tender state. No alteration of position could be detected in the uterus, or any change of structure, either in that or the vagina, was perceptible from touch. The pain was too exquisite to bear the use of a speculum.

After being under treatment one month, the sensibility was very much diminished. She joined in a variety of calisthenic exercises, rolled at ten-pins, and took walks of a mile in length two or three times a day. The habitual pain was very much lessened. She had had one severe turn of pain lasting her

nearly two days. She continued improving during the next month, but toward the last of it she had another paroxysm of severe pain, not as excruciating as the one the month previous, and lasting about twelve hours. This came on the third day after menstruation. During the next month she had an attack of irritation of the lungs with considerable febrile excitement, soreness of the lungs and cough. It was occasioned by exposure to the night air. The febrile symptoms were relieved in a few days; and the cough and every symptom of irritation disappeared in less than two weeks. With these exceptions her improvement, though not rapid, was uninterrupted during the four months of her stay, when she left cured. Her constitution had gradually gained power of endurance. For a long time previous to leaving, she walked daily from eight to twelve miles, beside taking a large amount of bowling, calisthenic, and other exercises.

Miss ——, aged 24, of nervous, bilious temperament, had been out of health several years. She had an irritable uterus and vagina, or neuralgia of those organs. Physicians had treated her for inflammation. The symptoms present were exquisite sensibility of the neck and body of the uterus, which appeared slightly swollen and very tender to the touch.

The vaginal membrane was also very tender and painful on pressure—with very slight increase of temperature. Examinations *per vaginam* gave exquisite pain which sometimes lasted for hours after. She had much pain in the lower part of the

bowels, through the pelvis and loins, and frequent paroxysms of pain attended with a stinging sensation about the sphincters of the vagina and rectum. The most aggravated and continuous paroxysms of pain, were just before, and a day or two after her catamenial periods. These occurred with regularity as to time. She could take no exercise without great increase of pain, particularly in the right inguinal region. When, at rest in a horizontal position, the pulse was soft and not much quicker than natural; but excitement or emotion would accelerate them to 100 or 120 per minute. No change of structure in the vagina or uterus, was observable, if we except the slightly tumid appearance of the latter. The pain and uneasiness soon subsided under treatment. Occasionally after much exercise, she would have a relapse of inguinal pain; but the painful susceptibility of the organs did not return. She left in two months, entirely relieved. She has since married, and continues in good health.

CHAPTER VIII.

Sterility.—Abortion.—Cases.

The causes of sterility are two-fold—organic and functional. Under the head of organic, may be classed all varieties of malformation, such as impenetrable vagina, closed fallopian tubes, wanting ovaries, and an undeveloped or distorted uterus. It is readily seen that these conditions, from their nature, will not admit of benefit from treatment, unless, in some instances, surgical treatment be of some avail.

But in the functional causes, among which may be enumerated those diseases of the uterine organs which do not produce change of structure, much can be done by the vivifying process of Motorpathic treatment. I believe with Waller, that "In the general, the cause of sterility is not attributable to organic defect, as the generative organs are usually well formed, but derangement of their functions; this derangement not r quently depending upon constitutional causes. The the catamenial secretion should be carefully investigated is the index which points out the healthy or unhealthy c of the uterus. Should this function be deranged, inquiry is whether the womb itself is at fault, or wh is a generally disturbed state of action in other o body." "There is in most cases, debility of syste with, if not producing, faulty uterine action; an

majority of cases, (the organs being perfect,) attention to the general health is the only probable method of removing this condition."

There is nothing which operates so generally upon the whole physical organization, and brings not only one organ or set of organs into activity, but the whole into combined, harmonious and reciprocal action, like Motorpathic treatment. By its vivifying power, the causes of sterility are removed, and direct energy imparted to the reproductive organs, which enables them to develope their innate vital powers, not only in vivifying the germ received, but in carrying out the work of embryo organization, and perfecting the whole by the continuance of fœtal life during the full period of gestation.

Excessive sexual indulgence or abuse, is one of the most common causes of sterility in either sex, and can be obviated only by rest or more limited indulgence, by restriction to an unstimulating diet, and by the promotion of a reciprocal and vigorous motion between the two recuperative forces of the body, that the great waste of vital power may be replenished.

If the vitality of the would-be parent is exhausted by excess, and by the debilitating effects of luxurious living, let not offspring be hoped for, until the habits are changed and a thorough renovation is effected. It is a law of nature, that unhealthy or shriveled seed shall not be vivified and take root in any soil, however rich and fertile; nor, on the other hand, shall good seed take root in a soil parched with heat or chilled with cold, or filled, to the exclusion of the nobler products, with the weeds of disease. Let the weeds be cast forth, and the soil rendered

fertile by the unimpeded motion of the life-currents from brain and heart, and the seed may be expected to germinate, and the plant not only to spring forth, but to bloom under the parental eye, and shed the sweetest of fragrance upon the parental heart.

Perhaps, of all desires, that of maternity is the strongest with woman. It is the one thing round which all her hopes hover. She looks upon maternity as her crowning charm, as the amulet which, when possessed, shall bind to her with more than fairy spells, her husband's heart; and more than all, she looks upon a child as a constant source of ever new and ever deepening delight. No wonder that the heart, clinging so fondly around this object, and as years roll on with an ever-increasing desire, should sometimes sicken with hope deferred, and grow unhappy and desponding. Much charity should be felt for the woman who looks upon her life as a barren waste, without verdure or bloom, and on whose rough declivities no vine clambers in beauty, hiding the imperfections beneath.

Many ladies are so unfortunate as to give premature birth
their offspring. Time after time, the promise of matern
given, and fond hopes brighten, which are never to be r
and which leave the heart all the darker in the disapp
which they occasion. When this habit of abortion is
the health declines rapidly, and if the unhappy s
not sink from immediate exhaustion, consumption, c
incurable disease, is almost sure to result from i
cases of this kind, debility of the uterus is the pr
the sole cause. There may be sufficient action f
Such persons are not usually wanting in sensitiv

sability; their systems are rather like a finely-strung Eolian harp, vibrating to the least breath of air, but whose strings a rough breeze snaps asunder.

Excesses of all kinds should be avoided by such persons, and a systematic course of exercises taken, which strengthen the uterus, and cause the vital forces to unite in supplying the increasing demands of nature, and then embryo life will not be cut short in the first few months, but they will be enabled to go through the periods of gestation and parturition, with perfect health and safety, both to mother and child.

Mrs. ——, aged 36, had been married 14 years, was never pregnant, menstruation irregular and painful, lasting from ten to fourteen days, succeeded by *fluor-albus*, which continued more or less of the time, until the next appearance of the catamenia. The symptoms present, were, great prostration of nervous and muscular strength, loss of appetite, indigestion and costiveness. Her countenance was cadaverous, she had sleepless nights, her mental faculties were impaired, and she had a constant disposition to complain and find fault. Physician after physician had treated her, until all parties had become discouraged. From this unenviable situation, relief was sought at the Motorpathic Institution, Rochester. Three months' treatment restored her to health and good spirits. She was quite another creature, amiable, kind and agreeable. Some eleven

months after her return home, a letter was received from her, desiring advice concerning her accouchement, which was drawing near.

The following statement of a case is extracted from a letter received from a gentleman in Ohio, October, 1850:

"Having heard of the cures taking place in your Institution, I was induced to write and describe my wife's case to you. She has bronchitis, cold hands and feet, weak eyes, is very nervous, and pulse is one hundred per minute; but her greatest difficulty is painful menstruation. She is first taken periodically with great heat in the bowels, and distressing sensations which I cannot describe to you; these continue to pass up until they reach the heart, where the agony becomes very great, and extends to the head, producing great pain and blindness. This distress continues until it produces a rigid tension of every muscle in the system. She will remain in this condition so time, then relaxation of the muscles commences, and gap the first symptom of recovery. Her great and alarm tress at such times, has so frightened the family, that t bors have been called in, on an average, ten times the last nine years, to see her die. She has been tr the physicians of note for fifty miles around. Th in her paroxysms of distress, the blood stops circul heart, or nearly so, and that she has more or less the brain. She has been operated on three tim

menstruation. There does not anything seem to help her as yet, and I would like to have your opinion of her case."

The above lady arrived and commenced treatment two weeks previous to the time of her periodical attacks. Menstruation took place with little pain or suffering of any kind. Her menstruations after, were perfectly healthy and free from any physical disturbance. She remained three months, and went home perfectly well. She had been married nine years without family. Some months after her return, she wrote to inform me of her prospect of becoming a mother, and desiring advice in regard to her diet, bathing, and exercise during pregnancy.

Mrs. C——, aged 30 years, had never been robust, having been subject to a cough, pain in the side and irregularities since puberty. After her marriage she had had two miscarriages, and had become so reduced that for eight years she had not walked, sat up, or turned herself in bed, without assistance. She had *prolapsus uteri*, dyspepsia, liver complaint, spinal irritation and what her physician had considered confirmed consumption. But on examination her lungs were found to be free from actual disease, though very weak. She was in a miserable, suffering condition—every organ torpid or diseased. She had tried various modes of treatment under some fifty physicians far and near, without material benefit. After five months' treatment she could walk, run, and exercise, equal to any one. Her health became good and firm, and within a year

after leaving the Institution, she gave birth to a fine healthy child.

Mrs. ——, aged 27, had been out of health ten years. Her principal difficulty had been spinal irritation, affecting especially the lumbar vertabræ and sacrum. Her naturally frail form had been so much impaired by the spinal affection, that her vitality was insufficient to supply the demands of gestation, and abortion had three times occurred. This had reduced her still more, and brought on *prolapsus uteri*. On account of the lateness of the season and her desire to return by the lakes, (her residence was in Wisconsin,) she remained but five weeks, but her improvement in that time was rapid, and she returned home better in every respect. The next year, several ladies coming to the Institution through her influence, brought the pleasing intelligence of the birth of a living child, and said she attributed her health and happiness to the benefit she received during her short stay.

Mrs. ——, aged 27, entered the Institution, May, 1′
She had been in delicate health several years—was ver
vous and excitable—had no endurance of constitution
struation irregular and painful—had tenderness and
of the bowels—palpitation of the heart—pain in
with retentions of blood—*prolapsus uteri*—difficult
ing urine and a general disposition to anasurca. Sh

married eight years, without offspring. She had never conceived and thought it impossible she should ever have children. She left the Institution in good health, and eleven months after, intelligence was received of her being far advanced in pregnancy.

Mrs. S——, aged 30, possessed naturally a delicate constitution. Three years before she came to our Institution, she was reduced very low by a premature confinement, from which she had never recovered. She was suffering with *prolapsus uteri*, pain and weakness in the small of the back, palpitation of the heart, dyspepsia, and irregularity of the bowels. She had had fever and chills regularly for nine months, and had not been able to sit up any during that time. A complete change was effected in her health in six weeks, so that she was able to take a great deal of exercise, and endure much fatigue.

The following extract is from a letter received since from her husband: "Taking advantage of your kind liberality, I trouble you with an epistle of inquiry. Mrs. S——— had a living child on the 8th instant, and had a very comfortable accouchement. She has been quite smart up to the present time, with a few exceptions about which I wish your advice."

Nine-tenths of the cases of sterility, could be obviated by Motorpathic treatment, regimen, and exercises, if sufficient time was given to change the habits and general character of the constitution.

CHAPTER IX.

UTERINE DISPLACEMENTS.—Prolapsus Uteri.—Retroversion.—Anteversion.—Cases.

The uterus being suspended in the pelvic cavity, with its largest end upward, and having no other support to sustain it in this position, than its own self-sustaining, electric power, assisted in some measure by the peritoneum, a thin membrane, and by the broad and round ligaments which yield readily to any change of position, is easily made to fall to one side or the other, tip backwards, or slide directly down into the vagina. The *os* may be twisted to one side, and the fundus dipping down nearly to the *cervix*, or other positions may be assumed, the minute detail of which, would be of no advantage in a work like this.

Prolapsus uteri, or a falling of the womb down in the vagina, or its protrusion thence, is the most common form of displacement. In females of stout muscular frames, the approach of *prolapsus uteri* is sometimes so slow and insidious, that the mind of the sufferer is completely veiled as to the cause of her declining health. Possessing naturally a strong constitution, which does not readily yield to fatigue, it seems, for a while, exempted from the penalties of excesses physical transgressions, and exulting in the possession of so a blessing, she lives on, laboring and indulging her ap and passions, equally regardless of advice or symptomati

ing, that the strength of her constitution is failing; until, by some violent exertion, some last act, she is prostrated and unable to rise.

In more delicate females of nervous temperaments, who are highly susceptible to every impression, the true source of their suffering may be so obscured by excessive irritation of the nervous system, and sympathetic functional derangements in various organs, as to deceive all but the discriminating physician, whose experience and tact guide him to the true cause.

It is seldom that *prolapsus* is accompanied by complete suppression of the catamenia, but that secretion is often irregular, sometimes being excessive, and sometimes scanty and attended with much pain and suffering. In the first stages of this disease, the symptoms are of so general a nature, as to elicit no alarm. The whole system suffers from debility and languor, but there is little pain. There is an inability to peform labor, or take exercise. The nervous system becomes very sensitive, and is easily provoked to unnatural action. As the disease progresses, walking and going up stairs especially, requires great effort; there does not seem to be sufficient motive power in the limbs, or strength to support the weight of the body, in rising from one step to another. Large assemblies and gay companies are now unpleasant, because the enfeebled frame does not possess the energy, nor the mind, the freshness, and buoyancy, necessary for the enjoyment of society. The quiet and repose of the chamber is desired, and the bed or sofa possesses attractions, which there is no desire to resist. When standing there is a sense of weight or pressure in the pelvis.

Pain is felt in the small of the back or across the hips, through the region of the lower bowels, and sometimes it extends from the groins down the thighs. In the later stages of the disease, there is a sense of *goneness* at the pit of the stomach, a sensation as of a sinking of the diaphragm, which makes the person feel as if she wanted a machine to assist her in breathing.

If the disease is not arrested here, it steadily progresses, and the symptoms become more aggravated and continually widening in their circle, as the powers of the body, one after another, are prostrated by the disease. The leucorrhea, which is always an attendant of displacements, becomes more irritating and offensive. The uterus, in some cases, becomes enlarged or congested, and the vagina much irritated, producing a dragging and painful sensation in the loins and abdomen, which is much alleviated by a horizontal position; because the uterus then partially returns to its proper situation, and the nerves of the pelvis are relieved from its weight, and the pressure caused by its descent. In some cases the uterus descends about half the distance of the vagina; in others it falls so low as to rest directly upon the perineum, and in some rare cases it passes entirely without the pelvis, and hangs like a bag, externally.

Additional and greatly aggravated symptoms, follow the progress of the disease, arising from pressure on the neck of the bladder and the rectum. The irritation from the vagina extends to the urethra, causing a constant desire to void urine, which is passed in small quantities and with extreme agony. Sometimes there is a complete suppression of the urine, making the use of the catheter necessary to empty the bladder.

the continued pressure upon the rectum, its contractility and power of expulsion is diminished, producing constipation and intestinal derangement.

Piles, in an aggravated form, are a frequent attendant of *prolapsus uteri*. A long train of sympathetic affections set in; irritability of the stomach; palpitation of the heart; pain in the head, with a sense of fullness and dullness; melancholy and fearful forebodings. Inflammation of the uterus may occur "from its congestion and weight, with the unavoidable pressure and attrition of the organ, against the lower muscular part of the pelvis, which it was not designed by nature to touch." The nervous system becomes extremely sensitive, suffering acutely from the irritation of the nerves in the pelvis.

Paralysis of the whole genital organs is sometimes an accompaniment of this state of things, destroying sensation completely in the parts affected, so that little pain is suffered, though there is an inability to rise from the bed.

Prolapsus uteri, in no two cases, will present the same symptoms, or be attended with the same sympathetic affections. One possessing a narrow, thin chest may have every appearance of phthisis—may have pain in the chest—hoarseness—cough—rapid breathing—hectic fever and a small, quick pulse, when they all proceed from a sympathetic action of the lungs with the diseased uterus, and which disappear when the disease of this latter organ is cured. If a woman has pain in the back and loins, leucorrhea, a dragging sensation, as of a weight or pressure in the pelvis, with an inability to walk or stand, on account of increased pain, we may rest assured that

the origin of her suffering is not in her lungs, as a prin
but in her uterus; and that it will be worse than use
through a course of medication, for the purpose of re
pulmonary affection, unless the uterus is first made
and maintain a natural position, and to resume a hea
festation of its functions.

Another may have dyspepsia, as a sympathetic aff
its distressing train of evils—indigestion—flatulence
tion—melancholy and recklessness of life;—take a
lar remedies for it—employ physician after phy
watering places, medicated springs and hydropathic
but they will avail her nothing in point of cure, u
lapsus uteri is remedied. Yet another may, fro
mencement of her decline, have her nervous syst
affected, as to make that appear the seat of her
the uterine displacement becomes more aggravate
corresponding increase in the derangement of
system.

It is impossible to describe the phases which ne
tions assume, for their appearances are as varied
persons in whom they are manifested. Sometim
sure upon the nerves in the pelvis causes such a r
as to produce spasms and convulsions. If these
any length of time, the limbs and other parts of the
become contracted. The abdominal muscles of m
who are confined to their beds, are more or less cont
by their want of elasticity, present an obstacle to t
the uterus to its natural position.

Hysteria is one of the common forms of nervous disease, and of all the sympathetic affections, which arise from uterine displacements, is one of the most aggravating and distressing. It completely unfits its victim for every enjoyment of life, and for every participation in its duties. It might almost be said to free her from responsibilities, for her mind is often so affected as to make her wholly unconscious of what she is doing. Perhaps no one thing that has ever afflicted the sex, has been the means of heaping upon her such an amount of ridicule and contumely as hysteria; or has so robbed her of the sympathy of her own, and the opposite sex. Seized in one of the distressing paroxysms of her malady, she declares that she is dying, and because she does this, time after time, and year after year, and still lives on, apparently no nearer to her end than at her first attack, her disease becomes a by-word and a jest. Her peculiarities are unkindly dealt with, and sympathy for her sufferings is withdrawn. Even her physician will sometimes stand by and witness her difficult respiration and screams of terror, with an ironic smile upon his countenance, and say, "there is nothing the matter. She feigns it all." In some instances, it may be the case that many of the fits are feigned. But admitting this to be the fact, the cause is none the more revealed, for there must be a something, laying back somewhere, which has deranged her system, and weakened her mind; for no person with a healthy body and mind can ever feign disease or death, for the sake of sympathy.

Woman has been misunderstood—she has been called a mysterious being, because, in one hour, excitement would car-

ry her to the very climax of manifested joy and delight, and in the next, when re-action had taken place, she was sunk in deep depression and melancholy. True, woman is mysterious in her spiritual nature—in common with all humanity. But disease renders her so, only, because its operations are not understood. Medicine has been given her in vain, and sympathy, either bestowed or withheld, has alike failed to mitigate her sufferings.

But, that she should be so censured and misjudged by those from whom she expects advice and assistance, is doing violence to her nature. Again, it is said "if she would only get up and exercise she would be well. She cannot expect health while she lies in bed, or indulges herself in the luxurious indolence of a rocking chair." This may be true under certain circumstances, but it is also true, that she cannot take much exercise of any kind while suffering from displacement, without pain and serious injury to herself. Neither can she subdue her nervousness, calm her feverish excitement, refrain from the hysteric sob or indefinable dread of death, control the spasmodic movements, withhold the passionate exclamation, or keep her mind undisturbed by the petty annoyances around her, while she is suffering from *prolapsus uteri*, or some other material derangement of the uterine functions.

The true cause of all this physical suffering, this derangement of the whole system, must be sought out, and the proper remedy applied. The question arises, what is that remedy that strikes at the root of these diseases, and removes the cause? It does not lie in a course of depletion, for this only reduces

the system still more. It does not lie in antispasmodics, or a tonic course of medication, for they only allay the excitement for the time being, without imparting any additional vigor to the body. It does not lie in journeying or change of air or exercise, as these, if they can be entered into at all, cannot be entered into with any pleasure and spirit, and consequently their beneficial effects are lost.

In what then does it consist? Simply in this—in causing the organ to assume its natural, upright position, and by the process of statuminating vitalization, to develope its own life principle, and not only cause it to resume its self-poising, self-sustaining power, but remain in the electric position which nature designed. This life principle of the organ can be so developed, (I had almost said inspired into it,) by Motorpathy, that the patient can be immediately raised upon her feet without injury or fear of displacement, though she had been unable to walk for years.

This process must be repeated, until the organ is habituated to act of itself, and until, through the use of its powers, strength and elastic contractility of the uterine muscles is uniformly established, and the life power flows in, unaided from the brain, in sufficient quantities to establish an equable and vigorous motion between the two vital forces in the uterine system. When this is effected, the organs are brought into a healthy state.

As in uterine diseases the unhealthy action of the *vita-motive* power is more or less apparent in every part of the body, a

systematic course of exercises which shall give motion to every part of the body, and use to every muscle, is an important aid, by strengthening the whole muscular system of the body, and through that, lending support to the uterine muscles.

Water treatment also is available when used Motorpathically, in quickening the circulation of the *vita-motive* power, and removing obstructions to its free circulation, as also obstructions to the secretions of the sanguinous system. It aids in the establishment of a more vigorous and sustained motion between the two recuperative forces, in every portion of the body, which by intimate connection with the uterine system as one of its centers, acts and reacts, each upon the other, and perfects the harmony of motion, not only between the vital forces in each organ, but between each individual organ and the rest, thus binding all together in a round of harmonious motion, which constitutes the health of each organ in particular, and of the whole when taken together—or constitutional strength and power of endurance.

No pessaries, no external supports, no confinements to the bed with the hips elevated, with their long train of deleterious consequences, are necessary under this system. It acts upon the opposite principles, of giving to every portion of the body *use;* through the contractions and flexions of the muscles, strength and elasticity; and through the equable, quickening presence of the *vita-motive* power in every part, vitality. Thus all is activity, life. The life-power is made to assume and maintain its proper ascendancy over the inert physical.

In this way a command is obtained over these heretofore obstinate and unmanageable difficulties, and the success of their treatment reduced to a certainty.

Prolapsus, though the most common, is not the only kind of displacement to which the uterus is liable. It may be so turned as to lie directly across the vagina. When in this situation, its position has received two names—retroversion, in which the fundus lies against the rectum, and the *os-uteri* is turned forward to the pubis; and anteversion, in which the position of the parts is reversed, the fundus being turned toward the pubis, and the *os-uteri* toward the rectum. Sometimes the neck only will be twisted to one side, the body remaining in its natural position; or the fundus may be fallen forward on to the *cervix*. In some cases the os is elongated, in others it is shortened, and in some it is relaxed and very much widened, the finger entering so readily as at first scarcely to arrest the attention, and make the physician sensible that he is not following the vagina.

All these forms of displacements are attended with similar symptoms and similar sympathetic affections; there being no reliable distinction in the diagnosis, the true situation can only be revealed by examinations *per vaginam*. The treatment in all is similar, for what restores action and vitality in one case will restore it in another.

It is a mistaken idea that water treatment, unconnected with Motorpathy, can be made effectual in the cure of these diseases. The organ and parts must first be made to resume their contractile, elevating force before water or exercise can be used to any advantage, if they are not directly injurious.

Miss B———, aged 23, had been able to walk or sit up but little for two years. Her disease was *prolapsus uteri.* She had naturally a good constitution, and her improvement was proportionate. In twenty-four hours she walked half a mile without detriment. She was under treatment six weeks, and for several weeks before she left, was in the daily habit of walking from six to eight miles before breakfast—which was served at six o'clock.

Mrs. G——, aged 26, was brought on a bed; she had been sick four years, with *prolapsus uteri*, liver complaint, and dyspepsia of a most aggravated character. Some time previous to commencing treatment, her stomach had become so irritable as to reject all food. For weeks her diet had been restricted to a soda cracker daily, and even that she could not retain. Every other day she was much distressed with nausea and vomiting. She had a curvature of the spine, attended with much irritatio pressure of blood to the head, nervous headache, and spas Her bowels were so constipated as to render the constan of enemas necessary. She had also frequent distressin oxysms of gravel. She was so reduced as to be unable up or turn herself in bed. Her improvement was in In a few days she could walk alone, and after two mor ment she returned home, with a degree of health who call themselves *well*, enjoy.

Mrs. H——, of a naturally delicate constitution, with predisposition to consumption—several members of her family having died of that disease—had been confined to her bed ten months; during five months she had been unable to bear her weight, sit up, or turn herself in bed. She was unable to lie in any other position than with her hips elevated some twenty inches, her arms supported on pillows, and her lower limbs—which were contracted eight inches—separated by inserting a pillow between the knees. The weight of the bed-covering distressed her, and was arranged in such a manner as to bear as lightly upon her person as possible. Her disease were *prolapsus uteri*, with its attendant evils; a long standing liver complaint and dyspepsia; she had also a lateral curvature of the spine. Through the influence of a friend—who had been confined to her bed some years by similar difficulties, and had recently left the Institution *cured*—she was induced to seek relief where her friend had so happily obtained it. She was brought many miles by railroad, on a bed, accompanied by a nurse and other attendants. All supporters, &c., were at once dispensed with, and her improvement under the Motorpathic treatment was immediate. On the fifth day, she walked twice through three long halls, and up and down two high flights of stairs, without assistance, and on returning to her room, said she felt better for the exertion. Three months' treatment restored her to better health than she had before enjoyed since childhood.

Miss ——, aged 24, entered the Motorpathic Institution, Rochester, New York, in Sept., 1851; had been out of health since her ninth year. She had had a cough the previous eighteen months. Her pulse was one hundred per minute, and very irregular. She was very nervous—she had had turns of a bloating of her head with dull, heavy pain in it. She had taken any quantity of medicine, and been under the care of several physicians, but grew worse continually. She had worn pessaries and supporters. On examination the *os-uteri* was found to be twisted to one side, and the abdominal muscles much contracted. Some portions of her spine were very tender; and it was the irritation from this, which was reflected upon her bronchia and lungs, and produced the cough. A few weeks' treatment restored the uterine system to a healthy condition; and as her spine became less irritable, her cough and other symptoms of pulmonary disease decreased. When she left, she was able to take more exercise and longer walks than she had ever before done; her constitution having gained much in power of endurance.

A letter was received from her a few months since, in w she said her cough had entirely left her, and that she excellent health.

Mrs. S——, aged 23, received an injury during con which produced *prolapsus uteri*, with much pain and From the time of receiving the injury, to that of er Institution, (three and a half years,) she had

entirely confined to her bed. She was unable to walk, and could sit up but a few minutes at a time. The irritation and pain continued, not only in the diseased organ, but extended to the back and limbs also. A portion of the spine was very tender, with great heat and pain, and sometimes a sensation of numbness extended throughout its whole length. She had frequent attacks of headache, vertigo, &c. Any over exertion produced loss of voice, and faintness. In three days after commencing treatment, she went up and down stairs, and in a week walked about the grounds, rolled ten pins, &c., &c. Six weeks' treatment restored her to health.

Mrs. A——, aged 27, had not walked in five years, or sat up more than two hours out of twenty-four. This was an aggravated case of *prolapsus uteri* and its concomitants. She was exceedingly nervous, and strongly inclined to dropsy, having a very fleshy, bloated appearance. In a few days she could walk about the house, and very soon a mile before breakfast, (quite an exertion for a woman of her size in good health,) besides entering with spirit into the calisthenic and gymnastic exercises, bowling, &c., &c. Two months' treatment effected a cure.

Mrs. D——, aged 25, had suffered at intervals from *prolapsus uteri* for several years. For the last fifteen months she

had been confined to her bed, unable to get up or lie down, without assistance. She had distress and pain in her head, spine, stomach, side, and bowels. She had sickness at the stomach, and attacks of dizziness, and faintness. The pain in her back and bowels was continual, accompanied with heat and irritation. When she had been under treatment four weeks, she walked three miles at a time, and took much other exercise during the day. She was restored to perfect health.

Mrs. E——, aged 29, had been 5 years affected with *prolapsus uteri*, attended with general nervous prostration. She had also liver complaint and dyspepsia, and was in altogether a very distressed condition, being hardly able to move about her room, and in a very melancholy, depressed state of mind. In four weeks after commencing treatment, she was able to walk several miles, and, at the expiration of a few months, w perfectly restored.

Mrs. T——, aged 37, was brought from a distant Stat much difficulty. She had been afflicted with dyspeps complaint, and *prolapsus uteri* six years, and was qu less. She was unable to retain any food, and suffere pain and distress in the region of the stomach, side Her mental faculties were much impaired; she wa from a heavy, distressing pain in her head. On ea

her case was thought nearly hopeless, but as it was the belief of her friends and physician that she could not survive the journey home, a trial was made. To the surprise of all, a very decided improvement was soon discernable, exceeding our most sanguine hopes. In a short time she was able to endure a great amount of exercise, walking and otherwise, daily; and could partake of any wholesome food in reasonable quantities without detriment. After eight weeks' treatment, she returned home, with a heart full of gratitude, that her last, despairing effort had been so entirely successful.

Mrs. B——, aged 25, had been unable to stand upon her feet for eight months previous to the time of entering the Institution. The lower limbs were susceptible of feeling, but the circulation was very much impeded. They were cold and diminished in size. She had severe spinal irritation, much heat, and pain in the lumbar and sacral regions, together with *prolapsus uteri* and various female difficulties. She received immediate benefit from the treatment, and in a few months recovered her health, and the perfect use of her limbs.

Mrs. H——, aged 33, had suffered from diseased kidneys, liver complaint, and uterine disease four years. She had *prolapsus uteri* to such a degree, that when standing, the uterus

protruded externally; by maintaining a recumbent position this difficulty was somewhat alleviated; but two years since she received an injury during childbirth, which occasioned severe pain in the back and side. Pain in the head and oppression of the chest followed. She could not endure to be raised up in bed, nor even to be turned upon her side, without a pillow being placed between her knees. She could speak but a few words, without loss of voice. Her womb became ulcerated, and she had excessive leucorrhea. She had much pain in the bowels, and the tenderness of the stomach and oppression of the chest was such that she could not bear the weight of the bed clothing. When she had been under Motorpathic treatment three weeks, she could walk all about the house and grounds, and roll at ten-pins. Two months after, she returned to her home, restored to perfect health.

Mrs. ——, aged 22, had passed through her first acouchement, which had been a very difficult one, some three month previous to entering the Institution. She had had a *milk l* and it was somewhat swollen and painful at that time. was suffering from stricture of the urethra, or more prope speaking, from paralysis of the uterus and adjoining urir organs, which had been so complete since the birth of her born child, that she had passed no urine without the us catheter. The neck of the bladder had become ulcerate bably from some injury done by the constant use of the

ter, which made the passage of the instrument at that time a matter of great difficulty; and there was a prospect of its passage soon becoming impossible; when there would be danger of the bladder bursting from its distention with water, and thus destroying her life. The paralysis appeared to extend through the pelvis, and to embrace all the organs and parts contained within it. The loss of sensation extended to the small of the back and about the hips. The womb was fallen to a considerable extent, and to make the case still more alarming she had a cough and chills and fever regularly; with an hereditary predisposition to pulmonary disease. Treatment was commenced with little hope of success, but relief was immediate. After two days the use of the catheter was entirely dispensed with. She remained three months, and left, cured of her urinary and uterine difficulties, and her cough, fever, and chills had left her. She had a small neck, and was of fragile appearance, and although her constitution and strength had much improved, they had not developed into as much capability of endurance as could be desired. Since her return home, intelligence has been received of her entering into the enjoyments of life and calling herself well.

Mrs. ——, aged 39. Twenty years since she had the measles which left her in ill health and subject to a cough. She had not, to use her own expression, "enjoyed one day of health

since." She had had *prolapsus uteri* of a most aggravated character for fifteen years, attended with leucorrhea, flowing, and dyspepsia. Also such a severe urinary difficulty as not to be able to retain the contents of the bladder more than 15 or 20 minutes at a time. She was very nervous and desponding and suffered much acute pain, for the relief of which she had had constant recourse to the use of morphine. Some of the time she was quite deranged and suffered much from pain in the head. Her improvement was immediate; her uterine difficulty was removed; the use of opiates was relinquished, and she gradually regained the constitutional strength necessary to perfect health.

Miss B——, aged 32, had had *prolapsus uteri* for four years, and for more than three years had been unable to bear her weight on her feet or to sit up. She suffered from palpitation of the heart, sickness of the stomach, and pain in the back. Her strength gradually failed till she became unable to turn herself in bed. Her stomach was so deranged as to allow no nourishment to be taken, except a single teaspoonful of th gruel at a time. She had so much nervous irritation that would see no one but her nurse. She was also subject to vulsive fits which her physician had told her must prove fat they continued. Her bowels were obstinately costive; was also a total suppression of the menses. Her limbs were contracted. In this condition she was '

with much difficulty, extended on a board, to this Institution, being unable to assume other than a recumbent position, or to bear inequalities in the surface beneath her.

In twenty-four hours after commencing treatment, she walked across her room. Her poor mother, on witnessing this, could only raise her hands and exclaim, "It will kill her! It will kill her!!" Five weeks after she was walking up and down stairs, about the garden and grounds and joining in a variety of calisthenic exercises. In three months she returned to her home in good health, and entered upon her sphere of laborious domestic duties.*

* More cases might be drawn from the register kept at the Institution, where several thousands are entered; the largest number of which are uterine diseases of some kind; but it is thought that sufficient variety is given in the different chapters, and that more would be uninteresting.

CHAPTER X.

Simple and Malignant Ulcerations of the Uterus.—Granulations of the Os-uteri.—Cases.

SIMPLE ulceration sometimes takes place upon the *os* or *cervix uteri* and in the vaginal membrane. The discharge from these is sometimes more or less fœted; at others it is free from any disagreeable odor. The ulcers are rather superficial than deep; do not degenerate into sloughing; and heal without leaving rugged, indurated edges. I have most usually found them in women of a scrofulous diathesis, and not unfrequently in those in whom scrofula had made its unmistakable appearance in some other form.

The symptoms of malignant ulceration are so well described by Waller that they will be given in his own words: "A sense of heat in the vagina may be mentioned as one of th earliest signs, varying in intensity; in some hardly deserv the name of *heat*, the natural temperature being but sli increased, whilst in others the sensation is described as almost intolerable. A thin, acrimonious discharge is noticed, its quantity sometimes very small, but the c remarkably irritating, so that unless cleanliness be observ surface over which it flows becomes inflamed, an wards excoriated. Soon, however, this discharge purulent, often mixed with blood, and highly offensive.

disease advances, there are occasional hemorrhages to a serious extent, produced in consequence of the coats of some of the larger vessels being destroyed by the ulcerative process.

"The constitution soon gives way under these repeated drainings, the face becomes pale and sallow, muscular strength is diminished, the pulse feeble and rapid, and, in short, all the usual symptoms indicating prostration of the powers of life are observable. Pain is an uniform attendant on this form of uterine disease, but of a peculiar kind. In cancer, intense and agonizing pains are experienced, and these are described of a lancinating or stabbing character; in the malignant ulcer, they are designated of a burning or scalding kind, so that you could, from that circumstance even prior to an examination, form a tolerably accurate opinion whether your patient were suffering under malignant or cancerous ulceration.

"Malignant ulcer of the uterus commences in that portion of the vaginal membrane which is reflected over the mouth of the womb, soon extends over its whole surface, and, penetrating to the parts beneath, destroys entirely the *os-uteri*; the *cervix* is next attacked, and in some rare cases the female has lived until nearly the whole of the organ has been removed by ulceration.

"Sir Charles Clarke says, "When once the ulcerative process has commenced in this disease, the part attacked by it never as far as the author's experience has gone, recovers its healthy structure, but increased action of the blood-vessels of the *os-uteri*, which would eventually terminate in ulceration, may probably be diminished or controlled, so that the ulcera-

tion may not take place, and by such a mode of treatment much advantage is gained.

"Another author states, that though the cure of this ulcer is exceedingly difficult, and notwithstanding it is 'nearly as severe as cancer itself', yet it has been cured by 'mercury alone, or combined with hemlock, hyoscyamus, and other narcotics.' My own experience induces me to coincide in the opinion of Sir C. Clarke, and I therefore wish to impress upon your minds, I had almost said, the *awful* necessity of attending to the symptoms antecedent to the formation of ulcer."

These malignant forms of ulceration are, it is readily granted, difficult and tedious to treat under any method, yet it is believed that some cases of genuine malignant ulceration, in an advanced stage, have been cured by Motorpathy. Others, in reading the cases, can make up their own minds as to the nature of the diseases. I am willing to acknowledge that son of them gave me sufficient anxiety at the time.

Many cases of ulceration are cured with very little troul but now and then a case of simple ulceration, which doe seem to make great inroads upon the health, is still of an lent nature, and for a long time resists the efficacy of tre

It is well known how obstinate scrofulous ulcers times appear on the external portions of the bod how, for a long time, they resist all efforts to discuss them. Still, after a while they heal of themselves disease remains dormant. Ulcerations of the womb o put on something of the same inertness and immobilit

cases of purluent leucorrhea, from insufficient examinations, are mistaken for ulcerations.

Granulation of the *os-uteri*, is a diseased state of the mouth of the womb, where its lips are covered with small bunches, sometimes the size of poppy seed, and from that to the size of hemp seed. These granulations are sometimes soft, and bleed on pressure; at others they are hard. It is generally considered a disease of some obstinacy, and is frequently treated with nitrate of silver. No difficulty has as yet been found, in making this disease yield to Motorpathy.

No case of it has proved so obstinate under treatment, as occasionally a case of ulceration has. Yet, there have no cases of ulceration left the Institution, to my knowledge, unhealed, and which were not at the time apparently cured; but some have been so obstinate under treatment, that it has been a question when they have healed, whether they were permanently cured, or whether the disease might not again break out at some future period. I can call to mind but one case of the kind which has actually occurred.

Mrs. P——, who left the Institution some twenty months since, had suffered from uterine disease, with an offensive leucorrhea, for several years previous. Upon examination it was found that there was an ulcer on the external surface of the *cervix-uteri*, extending more than half the distance around it. The body of the uterus was no larger than natural,

and but little smaller, but was soft and flabby. The discharge was but slightly tinged with blood, and that not constantly, but it was very offensive and irritating to the vagina and external parts.

Her improvement under treatment was satisfactory. The ulcer healed in a few weeks, leaving a smooth indentation of surface, with a slightly roughened edge. The body of the uterus gradually grew firm, and nothing was observed in the functions of the uterine system, to indicate that it was in other than a normal, healthy state. What occasioned herself and friends the most alarm, and for which she entered the Institution, was epilepsy. She had been afflicted with it some years —her mind suffered from it and it was fast increasing upon her. She remained seven months, and has not since had an attack of epilepsy. I heard from her a few weeks since, and she is again troubled with slight leucorrhea and excessive external irritation. What an examination would disclose, I cannot say.

Miss ——, aged 23, of a scrofulous, lymphatic temperame
had walked but few times across her room in two years,
had set up but little during that time. She had great h
the back—pain in the head—cold hands and feet—pain
pelvis, with a dragging sensation, greatly aggravated
standing, and a very offensive, purulent leucorrhea. On
nation *per vaginam*, the whole *os-uteri* was found to b
ulcerated state, and there was a large ulcer on one si

vagina. The body of the uterus appeared healthy except that it was very much fallen; that and the vagina lying together just within the orifice.

At the expiration of the first month of treatment, the ulcers were unhealed and but very little diminished—discharge but little fœtid—had succeeded in making the organs maintain their position while under exercise—general health improving—walked up and down stairs and about the grounds.

Second month—ulcer on the vagina healed—*os-uteri* nearly healed—leucorrhea scarcely perceptible—strength improving—walks a mile daily—exercises in calisthenics half an hour at a time, three times a day—bowled, &c., &c.

Third month—*os-uteri* had become sound, but not perfectly so—until nearly the last of it. The lips of the *os-uteri* nearly obliterated—constitution improving, but is lax in muscle—wants energy. She remained another month, walked from three to five miles daily, and took much other exercise.

Miss ——, aged 31, had not walked in eight years. Her parents being wealthy, had spared no care nor expense for her recovery. Many physicians had attended her. She had worn braces, supporters and pessaries.

On examination, a pessary was removed with difficulty. It was badly encrusted, and the stench from it was almost intolerable. The vagina was badly excoriated, and the *os-uteri* in an ulcerated state. The body of the uterus was much enlarged.

The spine was very sensitive on pressure, in a number of places. She had pain in the head, giddiness, loss of memory and turns of great weakness and prostration. Her digestion was bad, her spleen enlarged, and her countenance sallow and cadaverous. Her catamenial periods were irregular and very painful. Her improvement under treatment was slow, and with some interruption. Her mind was weakened as well as her body, and required constant stimulation.

When she had gained sufficient strength to walk, distrust of her own powers rendered it impossible for her to do so. She was two months learning how to go up and down three steps; when that was accomplished, she could walk all about.

Astringent lotions, followed by soothing ones were moderately injected for the purpose of cleanliness. This course was followed some weeks, until the excoriated parts healed, and the leucorrhea became less abundant and offensive. The uterus was reduced to its natural size in less than two months, but the *os-uteri* was not perfectly healed until near the end of the fourth month. There was no energy of mind or body; all was dull, inert, motionless. When the uterus once healed, there was no more uterine derangement. The catamenial periods were without pain, and she had no leucorrhea. The *os-uteri* was obliterated, the cervix short, puckered, and pervious. Sl eventually acquired a good degree of bodily and mental vigo walked miles at a time, and joined with spirit and animati in a variety of exercises. She returned to her home in g health, after spending nearly eleven months at the Institut

Mrs. ——, aged 36, had been, five years previous to entering the Institution, taken with distressing paroxysms of pain, commencing in the stomach, and extending through the bowels and back. These attacks occurred at first about once a month, and then less frequently. They appeared to have no connection with the menses. Occurred but two or three times during menstruation. At first, they lasted but two or three days. But at length the pain from one attack lingered on until she was taken with another, being only varied with times of greater severity. During these severe attacks, her bowels were very costive. Her family physician had given her, at such times, cathartic medicine enough for ten persons under ordinary circumstances, without much effect. Later, these paroxysms of pain were confined to the lower part of the bowels, with great heat, and smarting, scalding irritation. Her urine was small in quantity, very high colored, and voided with extreme pain. She had recently had frequent attacks of diarrhea, which prostrated her very much. These continued during the first weeks of her treatment, and occasioned much alarm. She was quite emaciated, her countenance sallow and cadaverous, but with much native energy of character and constitution. On examination *per vaginam*, her uterus was found to be enlarged, and of a hard, knotty feeling, the *os uteri* was ulcerated, and the discharge was very offensive, and extremely irritating to the vagina and external parts. This discharge was more or less tinged with blood at all times, and several times during the course of her treatment, pieces of white membrane from two to four inches in length, passed her vagina. In this case, free

use was made of laudanum, in some emolient preparation, as thin starch, slippery elm, &c., moderately injected both into the vagina and anus, to allay the pain, and keep the parts from being excoriated by the discharge from the uterus, until Motorpathic treatment could be brought to effect a change in the system, and bring on a combined and vigorous action in the uterus. The discouraging aspect of the case, gave at times great anxiety, but the patient was hopeful and courageous, and at the expiration of ten weeks, she returned to her home, not entirely free from pain and heat in the uterus, but free from all discharge from the vagina, and the uterus reduced to its natural size, and without any perception of the hard knots in its substance. The urine became healthy, and was voided without pain, and her health altogether so much improved, as to enable her to enter again upon her domestic labors for the household, without assistance. She had lost a sister by cancer. In a letter received from her a year after leaving the Institution, she says: "I am quite well at present, and have been during the extreme warm weather of the past season, with the exception of some heat in the lower part of the abdomen."

Mrs. ——, aged 20, had been in ill-health eleven
Her first difficulty was a pain in the spine, just below the
attended with leucorrhea. After two or three weeks a
came on, with attacks of severe pain through the lungs
the spine between the shoulders. This cough and pa

upper part of the spine, alternated with the pain in the lower part of the spine; when one was worse, the other being better. She sometimes made large quantities of urine, at others there was a complete retention of it, a catheter having to be used for months together. She had three abscesses within the year previous, one on each side, and one on the left limb. She complained of chills and fever, had an accelerated pulse, but apparently more from nervous than febrile excitement.

She had been very costive during the whole period of her ill-health, and for the last eight years she had had no passage from the bowels without a previous use of enemas. She had painful menstruation, for relief from which she had at several times submitted to an uterine operation. Her digestion was weak, her stomach refusing other than the most simple food. These accumulated difficulties had prostrated her upon the bed, to which she had been confined many years.

Upon examination by stethescope her lungs were found to be sound. Her cough was sympathetic. Her spine was found to be tender in many places, and to be curved or twisted at the hips. This had occasioned pressure upon the sacral nerves, and obstructed the passage of the *vita-motive* power from the brain to the pelvis, and caused all the organs within that cavity to become torpid and the uterus to become diseased. The body of the uterus was found to be enlarged and hardened but of a smooth, even surface, and the *os-uteri* to be covered with hard granulations. The organ was fallen so low as to rest upon the perineum.

During the first month of treatment, the uterus was very

nearly reduced to its natural size, and caused not only to assume, but to maintain its upright position under all circumstances. The granulations were many of them dispersed, others were lessened—the irritation of the spine had nearly subsided—the cough slight. The general health improved, enabling her to walk about the house and with a little assistance up and down stairs and about the grounds. Menstruation came on with little pain—passage of stools regular without the use of enemas, since the first four days of treatment. Second month improved rapidly—granulations entirely disappeared—leucorrhea also—uterine functions appeared perfectly healthy—food digested well—cough scarcely noticable—some pain in the spine—no trouble of passing urine since the first week of treatment—walked from half a mile to a mile at a time—several times a day joins in calisthenics, rolls at ten-pins, &c., &c. Left in the middle of the third month cured.

CHAPTER XI.

Uterine and Ovarian Tumors—Cases.

THE uterus is subject to many varieties of tumor, there being a number of the cancerous kind, beside polypus, a tumor usually attached to the *cervix-uteri*, and filling the vagina as it increases—fibrous tumors, either attached to or imbedded in the uterus—calcareous tumors, which are a concretion of stone-like substance more or less compact—simple engorgement or enlargement, where the surface of the uterus is uniform and less hard than when the tumor is scirrhus or fibrous, and several other varieties.

The ovaries are subject to about as many various forms of tumors as the uterus. It is often very difficult to determine, whether a tumor is attached to the upper part of the uterus, or whether it belongs to the ovaries. Sometimes a tumor in one of the ovaries co-exists with a tumor of the uterus.

The tumors of the two organs are perhaps about equally unmanageable and difficult of cure, with the exception of simple enlargement of the uterus, which frequently attends *prolapsus uteri*, and is comparatively easily reduced.

It is not claimed for Motorpathic treatment, that by it, all tumors, in whatever stage of progress, can be reduced; but by its vitalizing process, complete absorption of the tumor has been caused to take place, in cases which were thought beyond

cure; and many have been relieved, the tumor very much lessened and their lives made comfortable, in whom a cure was not effected.

Mrs. ——, aged 47, applied to the Motorpathic Institution for relief from a disease of the uterus, which caused her great suffering. She had never had children. Her most distressing symptoms were pain in the uterus, leucorrhea, with painful hemorrhoids which occasionally bled profusely, and smarting pain and heat in passing urine, which could be retained but a few minutes when in a recumbent position, and on sitting up the desire for urinating was almost constant. Her pulse was but little accelerated and her digestion but little impaired. She was very costive, and passages from the bowels were attended with much pain. On examining *per vaginam*, a tumor was found lying in the posterior part of the pelvis as large as a pint-bowl. It was with some difficulty that the *cervix-uteri* could be found. It was turned to the pubis with the *os-uteri* pointing obliquely upwards. The *cervix-uteri* was enlarged and rigid with a rough surface, appearing like hard granulations. The tumor was attached to and extended from the *cervix*, in all directions as far as could be felt, and appeared to be the whole body of the uterus. It was hard and the surface uniform, with the exception of a ridge about midway between the *cervix* and *fundus*, which seemed like a fold in the external covering of the *uterus*, or like a large blood-vessel passing around it. When the *uterus* was partially turned, so

that the finger could enter the *os-uteri*, something hard and sharp could be felt protruding within the *cervix*. The lower part of the rectum was one mass of knotty hemorrhoids.

She remained under treatment three months, during which time she improved so much as to be almost entirely relieved from pain. The tumor of the uterus was very much lessened in size, and the external portion of it more soft and yielding, but within the *cervix-uteri* the same hard-pointed substance was observable. Did not succeed in making the uterus assume an upright position owing, probably, to the weight of the tumor. It was surprising to see her so free from pain, while the uterus remained in a fallen and partially retroverted state, with the weight and pressure of the tumor superadded. But the hemorrhoids had disappeared, circulation had been established in the hemorrhoidal veins, the surface of the rectum was soft and smooth; she was perfectly free from piles of any description—was not so successful in obviating all the effects of pressure upon the bladder; occasionally she had slight pain in urinating, with some heat, but most of the time she was free from pain in this particular. The bladder had to be emptied often. Usually she had to rise once in the night to pass urine. In the latter part of her stay, she walked with comfort many miles in a day, beside bowling, &c., &c.

Mrs. ——, aged 40, had been taken, some years previous,

with pain in the uterus, sometimes sharp and lancinating and at others more dull. Severe pain occasionally passed down the left limb, and extended to the hollow of the foot. She suffered extremely from strangury—the urine escaping almost constantly. The mind suffered deeply. Strength and vivacity of intellect had been succeeded by nervous excitability and depression of spirits. From the first of her disease, she had been able to stand upon her feet but little, and the last few years she had been confined to her room. On examination, the uterus was found lying cross-wise of the vagina in a retroverted position, and the *os* and *cervix-uteri* covered with small, hard tumors or granulations which were painful on pressure. About one-half of the fundus was indurated.

She remained seven weeks under treatment and during that time the tumors and induration had entirely disappeared—the uterus was caused to maintain its natural position, relieving the urinary organs from its pressure, and thus obviating the strangury. Her general health and strength was restored, so that she walked from four to six miles daily, without fatigue, beside taking many gymnastic and calisthenic exercises.

Mrs. ——, aged 42, had been out of health eleven years, and confined to her bed a large portion of the time. During this period she had had three attacks of bilious fever and three of inflammation of the lungs, in successive years. These, of

course, had impaired her constitution, and the inflammations of the lungs had rendered her subject to a cough on every slight exposure.

The last seven years, she had been subject to diarrhea from which she was seldom free. Her digestion was very weak, and she suffered almost constantly from palpitation. She had a large tumor in the abdomen, which the many physicians, whom she had consulted, had agreed in calling an ovarian tumor. It lay so near the back, that pressure upon the spine would change its abdominal presentation. It could be felt *per vaginam*, resting on the pelvis.

She remained under treatment ten weeks when, owing to domestic circumstances, she was obliged to return to her family. The tumor had lessened more than one-half, and her general health had so much improved that she walked from one to two miles daily, and took a moderate amount of other exercises.

Mrs. ——, aged 30, had been out of health ten years, and had been attended during the time by twelve different physicians. She said she was first taken with a very acute pain in the side, shooting across the abdomen, and at the end of three months she became unable to walk. This inability to walk continued nine years.

The previous three months she walked around her room a little. She had been unable to rise from a horizontal position, except occasionally to change it for an easy chair, made reclin-

ing, with the feet raised. She complained of a constant and very severe pain in the lower part of the bowels, through the pelvis and loins and extending down the limbs. She had no cessation of pain, but it was greatly aggravated by standing upon the feet. She had occasional paroxysms of severe pain at the top of the head, which she described as passing up her back. She had suffered from indigestion a few years back, and complained of being cold and chilly. Her circulation was but little altered. Her spirits were variable, being sometimes high and sometimes very much depressed. She was subject to attacks of great aggravation of pain, attended with much nervous excitement.

On examination *per vaginam*, the uterus was found to be enlarged to more than twice its natural size, and to be in a retroverted position. The body of the uterus was very hard to the touch, the finger making but a very slight impression upon its surface. The *os-uteri* was thrust forward and upward, lying considerably higher than the body of the uterus. The *cervix uteri* was very little altered. It might have been slightly enlarged but very nearly natural in size and in appearance to the touch. The posterior lip of the *os-uteri* was very much enlarged, rolling over, with a hard, indurated edge. Treatment gave immediate relief. Within the first month, the paroxysms of pain had nearly disappeared, the uterus was about one-third reduced in volume, and she walked up and down stairs, about the garden and grounds, and joined in calisthenic exercises for half an hour, twice in the day.

During the next month, the uterus was reduced to its nat

ral size, both the body and the *os-uteri;* and to its natural shape and texture. The posterior lip had become soft and natural to the touch, and the organ maintained its upright position under all circumstances. She took considerable exercise, walking, bowling, &c. Two-and-a-half months after entering the Institution, she returned to her home and to her domestic duties, in comfortable health.

CHAPTER XII.

CHRONIC DISEASES.—Dyspepsia.—Hepatitis.—Diarrhea.—Scrofula.—Incipient Consumption.—Bronchitis.—Urinary and Kidney Disease.—Dropsy.—Insanity.—Nervous Irritability.—Neuralgia.—Paralysis.—Epilepsy.—Spinal Disease.—Cases.—Treatment.

In the cure of chronic diseases, of almost every kind, Motorpathic treatment is the desideratum needed, to bring the organs into healthy action. In dyspepsia—the derangement of the functions of digestion—increased motion of the body has been found so beneficial in promoting a more healthy action of the digestive functions, that exercise of some kind has long since been embodied among the therapeutical agents necessary to its perfect cure.

The establishment of health in every disease, depends upon inviting back to the diseased organs that motion which they have lost. And when one of the fundamental functions for the supply of that motion is attacked, as in the case of digestion, the whole system suffers and sympathises in its derangement. When there is a deficient supply of vitality, every organ must be weakened, hence the prostrating effect of any disease attacking the alimentary canal, which causes material derangement in its functions. Disease then attacks, as it were, one of the seats of life, this canal constituting that part of the animal economy from which the vitality receives its principal suppor

The *vita-motive* power must be brought back to the stomac

to aid in digestion, the first process for sustaining life; and in order that digestion be easily accomplished, the food taken should be light, and adapted in quantity as well as quality, to the power of digestion present in the particular case under consideration. It may always be remembered, that the supply of vitality or nourishment is not according to the amount of food taken into the stomach, but according to the amount which is properly digested and assimilated, and enters into the sanguinous circulation as the great feeder of motion in the system.

As the piling together of wood has no effect in creating warmth, unless fire be brought in contact, and it is made to kindle and burn; and by its decomposition, caloric, heat is sent forth in a circle around it, so food may be piled in the stomach to no benefit, unless the *vita-motive* power be called to act upon it. And, as when a fire is feeble, shavings and small bits of wood are used to coax it to a flame, which would be smothered by throwing on large pieces, or by the use of green or incombustible materials, so when the vitality is diminished, and but a small quantity of the vivifying power can be brought to the stomach, its action should be invited by a judicious choice of food, until the vital action becomes strong enough to digest larger quantities and heavier materials. Motorpathic treatment, by calling to its aid every therapeutic agent for quickening the vitality, and causing a vigorous motion between the recuperative forces of the system, removes the cause of indigestion, and not only reinstates the stomach in its vigorous functional powers, but creates a harmony of action in all the functional powers of the body, so that motion in one part is balanced and sustained

by motion in another, and the whole acts in combined harmony. It is owing to this renovating effect of Motorpathy—which makes it so potent in cases of worn-out and broken-down constitutions, and in their restoration from the abuses of dissipation and self-indulgence.

In hepatitis, or liver complaint, its beneficial effects in restoring the balance of motion, is soon apparent by a clearer complexion, a more animated countenance, and by the whole appearance giving evidence of their system being in a less loaded state from bile.

In bilious diseases, it is frequently the case, that the whole body becomes saturated with the morbid secretions of the liver, and its subtle poison insinuated into every part, deadening its sensibility, and impeding the motion of the life-currents through it. Motorpathy, by giving an impetus to these currents, arouses the system from its torpor, and by degrees enables it to throw off the superabundance of bile. At the same time, a combined motion of these fluids is induced in the liver, the seat of disease, which, in consequence of this renewed action, gives out a supply of pure and healthy bile, proportioned to the wants of the system.

Chronic diarrhea, a disease whose seat is in the mucous coat of the intestines, is frequently aggravated by the presence of acrid bile. In many portions of our country, particularly where intermittent fevers and bilious diseases prevail, this form of diarrhea is very common. In these cases it is one of the evacuents which nature chooses, to rid herself from the presence of a poison, and should be checked only by producing a more

healthy secretion of bile, and by relieving the bowels from any extraneous cause of irritation, as unwholesome or indigestible food, and fermenting or stimulating drinks. The diet of a person suffering from diarrhea, should receive particular attention. When this disease has been of any considerable continuance, the digestion is invariably impaired, whether the diarrhea proceeds from the presence of acrid bile, or the presence of any other irritating substance in the bowels, which nature makes an effort to expel, or whether it proceeds from irritation, inflammation or ulceration of some portion of the bowels themselves, or of a diseased action in their tissues. The food at all times should be light and easy of digestion, in some cases more sparing, and in others more nourishing. The idiosyncracies of the patient should be studied, particularly in this disease and dyspepsia, and the diet and treatment regulated in reference to those peculiarities.

Motorpathic treatment soothes and allays, the irritation of the bowels, and gradually gives them energy and tone. Its happy effects are very marked in cases of this character. Unless diarrhea supervene to phthisis, or some other fatal malady, it can hardly fail to be brought under control by this treatment.

Scrofula is a disease allowed by all to be deeply imbedded in the nature of its victim. It takes its firm hold early in the constitution, and influences the nutrition of the embryo infant and child, thus entering into the first principles of his physical nature. It constitutes one class of cases in which a balance of motion between the two vital forces, was not given in embryo,

and in which especial care should be given to the physical training, to develope the powers of the body.

Wholesome and nutritious food, simply prepared, should compose the diet. All rich, heavy, and concentrated compounds should be avoided. Pure, fresh air, well ventilated sleeping apartments, and free, vigorous bodily exercise, are indispensable to the promotion of healthy physical development. When the lungs play freely in the open air, with brisk exercise to accelerate their motion, and also the motion of the vital fluids, the whole blood in the body is every few minutes successively exposed to the air, in its passage through the lungs and its vitality thereby greatly increased.

Add to this the increased motion of the *vita-motive* power acting upon this highly vivified sanguinous fluid, and the increased energy thence given; and then the aid given by these combined powers to the digestive and assimilating functions, in the preparing of healthy nutriment to supply the waste of the body and perfect its growth; and then again the tonic effect of exercise on the muscles and its power of developing their size and capability, and a faint idea will be given of the vast power which may be wielded by systematic physical training.

Childhood and youth are the seasons when this treatment can be made most effectual, in correcting a strumous diathesis And the prevention of the development of disease to which there is a constitutional tendency, is of far more importance than the cure of the disease when contracted—as the prev

tion of crime is a thing more devoutly to be wished, than the correct discipline or reformation of a criminal.

The advantages of Motorpathy in the treatment of scrofulous diseases, in their earlier and in many of their advanced forms, can hardly be too highly estimated. It goes to the foundation, and lays its inspiring hand upon the cause of the disease. Time and faithful perseverance are requisite to uproot a disease so inwoven in the nature and growth as this. But much can be done in a comparatively short time, towards developing a better state of the system, and putting the constitution in the way of renovation.

Phthisis pulmonalis may be considered as the most alarming form of disease, which is developed by a scrofulous or strumous diathesis, both on account of the great tendency to this particular form of the disease and its fatal termination when once firmly seated. Where the predisposition to tubercular deposit is strong, the disease often resists all treatment, even in its earliest stages. Hence the necessity when predisposition to consumption is known to exist, of developing the physical system and invigorating and strengthening the constitution by such aids as Motorpathic treatment gives. Then the vitality is kept in the ascendant, no tubercular deposit is made to combat with, and health flows on in an equable stream.

In proportion as the lungs are incapacitated to receive, or be filled with air, the body becomes weakened by the loss of its vivifying influence; and in proportion to the tendency to tubercular deposit and the causes which may operate to weaken

the *vita-motive* power, or withhold its action. Those who are on the eve of decline, or who have already begun to consume away, should not be placed under a weakening or debilitating course of treatment; for anything which reduces or exhausts the energies of life, causes the patient to be made a more easy prey to disease. All the latent principles of life require to be aroused into action, nourished, guarded, protected, and husbanded in every possible way, that the patient may be better armed to protect himself against the encroachments of so mortal an enemy. Many who have died of consumption have been hastened to their end by the mistaken policy of a reducing treatment.

A class of exercises, tending to inflate the lungs, expand and develope the chest, and invigorate the powers of the body, together with such therapeutical agents, as shall increase the vitality of the system, and provide for its better nourishment, are the means to be relied upon in combating this disease.

Hydropathic treatment after the lungs have become diseased, is of questionable propriety, and if ventured upon at all, it should be with extreme caution. Many who have been pronounced incurable by learned physicians, have been made healthy and sound by Motorpathic treatment. In some cases where the use of one lobe of the lungs had been entirely destroyed by inflammation and ulceration, the patient was recovered so far as to be still in the enjoyment of a good measure of health. It is not pretended that every case of consumption can be cured, but in the earlier stages, and where a predisposition in the disease exists, the system can be so fortified an

renovated by this treatment, as to become healthy and strong, with a well developed chest, erect carriage, and greatly enhanced constitutional powers of endurance. And though many cases in more advanced stages have been cured, yet they are treacherous diseases, and the conviction that little can be done in many cases hangs like a pall upon the most resolute effort.

Bronchitis, a disease of the air-passages of the lungs, is sooner brought under the control of treatment. If unconnected with tuberculosis there is not so depraved a state of the system to contend with, and in most cases a cure is comparatively easily effected.

Urinary diseases in women, are, in the majority of cases, connected with diseases of the uterine system, and disappear when they are cured. If there be pressure upon the bladder by a gravid or enlarged uterus, or by a displacement of that organ, incontinence of urine is liable to be the result. Incontinence and retention of urine in either sex, may result from partial or complete paralysis. One or other of these forms is frequently a concomitant of spinal disease, where the *vita-motive* power is partially cut off from the sacral nerves.

Motorpathic treatment by relieving the pressure upon the spinal nerves, and facilitating the course of the *vita-motive* power through the nerves, acts directly upon these forms of disease, and relieves them at once. If disease of the kidneys be connected with urinary difficulties, either as a cause or concomitant, they assume a more serious type, and are not so soon brought under control. But where the change of structure in

the kidneys is inconsiderable, a moderate persistance in this vitalizing treatment results in its cure.

Dropsy is a disease in which there is generally a diminished secretion of urine. This disease depends upon a morbid condition of the exhalant and absorbent vessels, by which the balance between them is lost, and their functions are characterized by debility. In some constitutions this cachexia exists a long time before general infiltration takes place, and its approach is slow and insidious. In others it comes on more suddenly. The disease is of more or less danger, according to the causes which conspire to engender it, and the part of the animal economy, in which it may be located. The infiltration of a serious fluid into the celular tissue, in which the body puts on the appearance of a general tumefaction, with softness and paleness of surface, and a loss of elasticity in the ligamentary covering, known as general dropsy or anasarca; and ascites, in which the collection of fluid is principally confined to the abdomen, are the forms which will here be taken into consideration. When they have recently occurred, in persons previously of good or tolerable health and fair constitutions, their treatment is in most cases easy and certain. But when they occur in persons of broken-down constitutions, and are an evidence of some serious visceral mischief, or abberation in the functions of nutrition, their prognosis is more doubtful. Many cases of these diseases have been successfully treated by Motorpathy, aided by external applications which stimulate to absorption. Women, who have suffered long from displacement of the uterus,

tumors, ulceration or leucorrhea, are particularly subject to anasarca. The constant drain of these diseases upon the system, subtracts from its nutrition, and leaves the blood thin and watery. And the large drafts which they make upon the nervous energy, leave the absorbent vessels unstimulated and inactive. The approach of dropsy is signalized, by swelling of the feet and ankles, which will gradually extend to other parts of the body. Judicious treatment in such cases is imperiously demanded, to avert the fatal termination.

Motorpathic treatment can be brought to act decisively upon insanity, that disease which vibrates between the mental and physical nature. It now acts upon the mental processes and warps the deductions thence drawn, or leaping its bounds, or setting aside its machinery, it acts from physical impulse, with scarcely the semblance of mentality, causing physical excitement, increased circulation and impaired nutrition, which again re-act upon the mind, and cause more settled aberrations. This action and re-action may continue for an indefinite period, and wear out both body and mind. This sometimes occurs in diseases of the uterus, liver, spine and stomach. The brain sympathises with the diseased organ, and insane manifestations of one or more of the organs of the mind, ensues, according to the part of the brain most affected.

Insanity, as it stands developed before the practitioner, whatever may have been its cause, whether physical or moral, is a disease both of body and mind, and he who would successfully treat it, must adapt his remedial agents to both. By humoring the caprices of the insane, as far as practicable, and teaching

them self-respect, by bringing their good points forward and making them subjects of contemplation, at the same time, by kindness, gentleness and consideration, gaining their confidence, mental discipline can be gradually brought to bear on the subjects of aberration, and as the physical obstructions are removed, correct modes of thinking can be established, until as the body becomes sound, the mind becomes perfectly sane on every subject. By such a course of treatment, many have been cured, and some who had spent months in insane asylums without benefit. Out of regard for the comfort of other patients, those persons laboring under madness are not received into the Institution, and of course little can be said of the effect of Motorpathy on that form of insanity. But that form of insanity in which the sufferer is not likely to do violence to himself or others, and cases of partial aberration of intellect, experience has testified, can be permanently cured by Motorpathic treatment.

Many persons who apparently possess good muscular systems, suffer from debility and weakness or irritability of the nerves, and are unable to take much exercise without fatigue. Others of a frail personal appearance, or who possess fine or delicate organizations, it is not a matter of so much surprise to see suffering from nervous excitability. In both cases these manifestations are owing to a loss of harmony in the motion, or the attractions and repulsions between the two acting forces of the body, the nervous and sanguinous, in which the nervous power which should support the activity of the muscles, is expended in nervous excitation. Some nervous systems become so extremely sensitive, that noise of any kind is disagreeable. T

sound of voices in conversation, and the moving of paper is extremely annoying, and even the music of nocturnal insects, and the rustling of the leaves on the trees, is so irritating to their acute sensibilities, as to deprive them of rest. Nervous diseases assume so many phases and peculiarities, resulting from the set of nerves affected, and the temperament and idiosyncrasies of the persons in whom they are manifested, that it would be unjust to charge an individual who is suffering in such particulars, with feigning it all. In many cases the unhappy sufferer can no more banish this irritation, than he can refrain from realizing the pain from violent headache. The nerve conveying impressions to either of the senses, may become so affected as not to bear without pain its natural stimulus. The optic nerve, for instance, is often so sensitive that it cannot endure the light. The sense of touch becomes so acute in some persons, that they cannot wear flannel or cotton goods, unless of fine material, next the skin. They feel as though the nervous filaments distributed to the surface, were elongated and continually waving back and forth over the skin, producing a most disagreeable and annoying sensation.

These aberrations of the nervous power, are frequently met in chronic disease of some of the viscera, and when dependant upon such causes, it is useless to attempt the establishment of a healthy nervous circulation, except as the organic disease is remedied.

Persons habituated to much study, and to severe mental labor, consume much of the nervous stimuli in the brain, leaving other parts of the system to suffer and grow languid. This absorp-

tion and loss is first felt in the nervous system; hence the nervous excitability of artists, of persons engaged in literary pursuits, and of those subjected to a long course of mental excitement, particularly if it has been of such a nature, as to deprive them of out-door exercise. Persons engaged in performing a single round of duties, without change of scene or action, having nothing to divert the attention from themselves, often become diseased through the influence of the imagination. A pain, from some slight disturbance in the system, is felt in some particular place. An endeavor is made to trace out the cause, and by continually thinking about the pain, and wondering what will be its results, and what will be the best remedy for its cure, so much of the mind's force is thrown upon it, as to cause a derangement in the motion of the fluids which support the part, and in the end, the very disease is established, which at first existed only in imagination.

Many who are suffering from local disease and nervous sympathy, increase their sufferings by dwelling upon their bad feelings. Accustomed to the same room and the same surroundings, month after month, and year after year, there is nothing to divert the mind from itself or the body. Every new pain or symptom is noted, compared with previous ones, and its prospective danger anticipated. It is a difficult matter, under such circumstances, for the person to recover while surrounded by the same associations. The mind requires medical aid as well as the body, and the fact is proved by universal experience, that mental derangements, weaknesses and obliquities, cannot be so successfully treated, while surrounded by the

associations in which they were contracted. Hence the benefit accruing to those who are suffering from chronic complaints, combined with nervous derangements and mental hallucinations, from leaving home and all its associations, and entering an institution where the mind will be diverted with amusements, and new objects and scenes to gratify its curiosity, and where, instead of thinking about pains and aches, and the probability of dragging out a life of suffering and helplessness, a speedy and certain recovery to comfortable, if not firm health, can be contemplated, and the pleasure dwelt upon of again entering upon the duties and enjoyments of life.

Neuralgia in the head, or nervous headache, is a disease of very common occurrence, and one which often bids defiance to the remedies prescribed. The pain is generally most severe in a particular part of the head, being frequently located over one eye, or in one temple. The pain is sometimes general through the whole head—then the patient complains of great tightness or fullness of the head in stooping, dullness, and often of feeling as if the head were enlarged in size. Sometimes there is an indistinctness of vision, and an appearance of level objects rising up, and of atoms dancing before the eyes. In some, it is attended with a cold feeling, as if a current of air were blowing upon the head; in others there is a great degree of heat, particularly at the top of the head. If these symptoms be allowed to continue long, insanity or paralysis is to be apprehended.

Neuralgia facialis—tic doloreux, or pain in the face and teeth, is a very similar affection to that of nervous headache,

the only difference being in the set of nerves attacked. Its originating cause, like that of the former, is a deficiency of the volatile fluid which supports the nerves, and through them keeps up the strength and tone of the system, and prevents it from sinking into disease. But when the system is laboring under a diminution of the volatile principle, it is peculiarly predisposed to disease, and any trifling circumstance, such as trouble of mind, perplexity in business, a slight cold, or the extremity of a nerve being exposed to the air, is sufficient to produce pain of the nervous kind, either in the head, face, or teeth.

On the dissection of those who die of these diseases, the nerves are often found much wasted, and sometimes contain *pus*, which proves beyond doubt that the nervous fluid is the seat of the disease.

As the nerves traverse and intersect every portion of the body, any part is liable to neuralgic pain. When the nerves of the heart and blood-vessels are less plentifully supplied with the nervous fluids, they are peculiarly liable to be fastened upon by disease, and the unhappy patient may be subject to paroxysms of violent palpitation of the heart, succeeded sometimes by severe spasms, and great prostration of strength, a violent beating of the large arteries, and uneven circulation. The lungs often sympathise in the paroxysms, producing great difficulty in breathing. All this is at last succeeded by a diminution of the volatile fluid throughout the whole system, or general debility.

Some cases of neuralgia have not readily yielded to Motor-

pathic treatment, requiring a long time for their perfect restoration. But in the majority, relief is immediately given by it, and a few weeks' perseverance effects a cure.

Motorpathy has been thoroughly tested in the treatment of paralysis, and its happy results in the restoration of feeling and motion to parts paralyzed, has exceeded the most sanguine expectations.

A few cases of epilepsy have been treated by it, and in those it was perfectly successful. But the number of this particular kind of convulsion, has been too limited to say much from experience of its efficacy in this variety. But in hysteria, convulsions from nervous irritation, and that peculiar kind of convulsions attendant upon spinal disease, it has been very successful, large numbers having been treated by it to entire satisfaction.

The spinal cord being the great avenue through which the *vita-motive* power is carried for distribution to the various portions of the body, any obstruction to its free passage is of great moment. The consequences resulting from a trifling injury to this bundle of nervous fibres are fearful to witness.

For protection from accident, this medula spinalis is enclosed in the bony cavity of the spinal column. Thirty-one pairs of nerves are given out in its course, and nine pairs of nerves issue from the medula oblongata, or lower part of the brain which intersect, in almost innumerable points, the spinal nerves; the most remarkable of which is the intercostal or great sympathetic nerve, which is formed from the fifth and sixth pair of nerves, and descends from the brain close to the spine, and receives branches from almost all the vertebral nerves, and

forms many ganglions in its course through the thorax and abdomen, which send off an infinite number of branches to the viscera in those cavities.

The other nerves from the medula oblongata, send off again almost innumerable branches, which spread and intersect themselves through every part of the body, penetrating the bones, and spreading themselves like delicate tissue-work through most of the internal organs.

The spinal nerves are particularly liable to obstructions from pressure, from inflammations of their ligaments, from contractions of muscles, and from various other causes. And when looked upon in their true light as the conveyers of the propelling life-power, we cease to wonder that the body is so prostrated at apparently trifling diseases attacking the spine.

When an organ is diseased, it frequently happens that the principal nerves which communicate with it, are tender, giving pain on pressure. This is more particularly observable where the nerve enters the spine. It may proceed, in the first place, from an inflammation or morbid excitement of the organ, which is communicated to the nerve; or it may proceed from an irritation of the membranes of the spine and nerve, which intercepts the free passage of the *vita-motive* power from the spine to the organ; when, as a natural consequence, the organ becomes enfeebled, and disease follows.

In all cases of genuine dyspepsia and chronic inflammation of the stomach, this tenderness of the nerve, where it enters the spine opposite the stomach, is observable.

The tenderness and pain about the back, which always exist

with female diseases, is traceable to the same cause; the disease in the organ sometimes occasioning an irritation of the spine, and at others an irritation of the spine being the cause of the organ becoming diseased, which shows the intimate connection between that class of diseases and the nervous system. Such cases may not improperly be called a connection of spinal and organic disease.

It is presumed there is no class of diseases which baffles the skill of the medical faculty like those of a spinal origin. When a patient complains of heat, irritation, weakness, pains, or numbness about the back, or when there is any tenderness felt on pressing the vertebra or joints of the spine, the usual remedies which are resorted to—we had almost said the only ones—are plasters, tartar emetic sores, mercurial ointments, liniments, lotions, blisters, issues, and seatons. If these means fail to raise a counter irritation, sufficient to remedy their own weakening effects, which unhappily is seldom the case, they prove an incalculable detriment to the patient, by laying a foundation for the worst nervous diseases, dyspepsia, liver complaint, consumption or spinal curvatures.

Spinal irritation often produces weakness of the lungs, coughs, shortness of breath, pain in the side or stomach, flatulency, indigestion, dyspepsia, costiveness, female weakness, prostration of strength, irritability of the nervous system, vapors or low spirits, mania, &c. Sometimes one class of these symptoms, and at others almost the whole combined, are but simply the effects of spinal irritation. And often—far oftener than is ever dreamed of by sufferer or physician, are persons

harrassed by these secondary diseases, from month to month, and year to year, constantly taking medicine which, if it does not injure them, at best does little or no good, because directed to an effect, not to the removal of the cause which produces all these difficulties.

A patient with a spinal disease or weakness should be placed under a course of treatment principally directed to the spine itself with such minor alterations as are suited to the peculiar idiosyncrasy of the individual. This never fails to remove the irritation, relieve the heat and pain, and produce elasticity and health in the spinal nerves and muscles, and the patient speedily recovers from all the threatened evils and diseases which the symptoms had indicated.

As well might we shoot at a shadow, in the hope of killing the animal which gave it, as to direct our remedial agents to these effects or shadows, as it were, cast over the system from the original disease or cause. However dark, these shadows may be, we must aim something at the cause itself, which shall destroy, or can disperse them.

The success of Motorpathic treatment in curing diseases of the spine, including spinal curvatures in their earlier and medium stages, whether lateral, posterior, or anterior, is unquestioned. It is not pretended that those enormous curvatures and deformities, which are sometimes seen, can be restored to their original form, but in such cases the pain is relieved, a healthy action of the organ is promoted, and the muscles and tendons are strengthened so that the health becomes good; and at the same time the form is greatly improved. In many chil-

dren, deformities are called "rickets," when they are purely spinal and easily cured.

This treatment has been very successful in restoring the use of limbs and the elasticity of contracted muscles. Some remarkable cases have been treated by it, and many have been made to walk, whom, it was supposed, would be helpless for life.

Mr. H——, aged 46, had been unable to labor for ten years. He was much emaciated, and very desponding and misanthropic. His whole nervous system was completely shattered. He had great debility and lassitude, and was able to eat nothing but plain boiled rice, and even that in small quantities. He had been subject to bronchial inflammation, for several years.

A short course of treatment restored tone to the digestive organs, and as he improved in this respect, he attained a more cheerful, hopeful frame of mind. The other difficulties were gradually overcome, and he left with health to enter into the business and enjoyments of life.

Miss M. P——, aged 22 years, had for five years been afflicted with dyspepsia. She had had, during that time, frequent attacks of bilious colic. She suffered from tic-douloureux, and from all the evils which follow in the train of these

diseases. She could eat nothing without occasioning great distress—had chills, cold hands and feet, and great pressure of blood to the head. The neuralgic paroxysms were frequently so severe as almost to deprive her of reason. After the first six weeks, the neuralgic paroxysms had entirely ceased, and the bilious colic was so far controlled by Motorpathic treatment, that the attacks lasted only two or three hours, and she recovered from their effects in a day or two; whereas previously, they lasted from twenty-four to forty hours, and their effects upon her system continued for a week or more. The next six weeks, the bilious colic had disappeared, and lastly uniform healthy digestion was established; and after four months' treatment, she returned to her home, perfectly restored.

Mr. D——, aged 60, had suffered from liver complaint and dyspepsia, many years, and became at last so reduced that his life was despaired of. He had for a long time been unable to take any nourishment, without causing excruciating pain. His bowels were extremely torpid and inactive. The operation of cathartics was procured with great difficulty. The abdominal muscles were contracted so as to constrict and draw too the stomach and bowels, and presented to the hand, the tense, hard feeling of an interlining of dried untanned leather. He was literally wasted to a skeleton. He was irritable and fickle, his mental faculties were much impaired, he could with difficulty be made to understand the reasons of anything. A friend of

his, who had returned from this Institution cured, induced him and his wife, to attempt the journey from his own home in Ohio, to this place. He arrived nearer dead than alive, being in a state almost devoid of consciousness. After a few days, a decided improvement under treatment was manifested. In seven weeks he commenced sawing wood for his own fire, and in two months he gained in weight 35 pounds. Four months' treatment, restored him to physical vigor. He became a hale, hearty, intelligent old gentleman.

Miss G——, aged 18, was a very slender, delicate girl—had never been robust. For two years she had suffered much from liver complaint, with its usual symptoms. She had pain in the side and shoulder, a poor appetite, sickness at the stomach, and bilious vomitings. Her complexion was sallow, with yellowish suffusion of the conjunctiva. Menstruation had never been established. She had a slight curvature of the spine, attended with much irritation. It was feared she was rapidly going into a decline.

Her improvement under treatment was such, that in three months she returned home in perfect health.

Mr. B——, aged 29, had been in such ill health as to

oblige him to relinquish business for two years. His diseases were liver complaint, dyspepsia, and nervous debility. He suffered much from pain in the right side and under the shoulder blade. He was much emaciated—had little or no appetite, with the usual train of distressing symptoms attending aggravated cases of his disease. His mental faculties were also considerably impaired; there was a partial loss of memory and an inability to converse coherently, more than a few minutes at a time.

Habits of self-abuse had conspired to render his case almost hopeless. His sleep was much interrupted by his habits. His improvement under treatment exceeded expectation. In three months all symptoms of dyspepsia and liver complaint had disappeared. His appetite was good and his sleep seldom disturbed. Some nervous excitability remained, and his memory, though improving, was still treacherous. He remained under treatment six months, and left cured. His memory was perhaps a little less retentive than in early youth, but with fair mental activity and good bodily health.

Mrs. ——, aged 21, had suffered from frequent attacks of diarrhea two years—had become very much emaciated and debilitated—could sit up but little. When she commenced treatment she had from ten to twenty motions of the bowels in twenty-four hours—stools loaded with bile of a dark color,

sometimes almost black and very foeted. She suffered much from pain, and had no appetite—profuse leucorrhea was present, probably caused by debility.

Her improvement under treatment was not rapid. It was two months before the liver and bowels were brought into uniform healthy action.

She eventually, not only regained her health, but increased powers of endurance, being able to take more exercise without fatigue than she had before done since childhood.

Miss W——, aged 18, had a scrofulous humor, which came out in patches over her whole body. Her head, ears, sides of her face, neck and shoulders, was one entire sore, of a honeycomb like appearance, each pore exuding a very offensive matter. Her hair had fallen from her head, there remaining only a small tuft at the top. She had been taking medicine from various physicians, during the two years previous.

At the end of two months treatment, the sores were all healed, and in four months she had a good growth of fine hair covering her head. She is now a teacher in a High School, and in good health.

Mr. R—— H——, aged 22, had, when he entered the Institution, a bad curvature of the spine, and six discharging spinal abscesses. He was much emaciated, and so debilitated as

to be unable to walk. In three months, the scrofulous sores were all healed except one, which was left open, not thinking it advisable to heal them all at once, and his health became good, and his flesh firm.

Mr. L. M——, aged 28 years. Difficulties, scrofula, spinal curvature, contraction of muscles, abscesses, weakness and irritability of the nerves, loss of memory, and loss of the use of limbs. This individual had inherited scrofula of the worst description. He had sixteen discharging abscesses—the curvature of his spine was of fourteen years' standing. The abscesses were all healed except one, which was reduced to the size of a ten cent piece, and a pea inserted to keep up a discharge. The indications of scrofula gradually disappeared, and the curvature was so far removed as to increase his height four inches. His general health became such as to enable him to walk, run, and endure a reasonable amount of exercise of any kind.

Mrs. E. N——, aged 31 years, had lung disease, with a sharp, dry cough. Her friends considered her incurable from consumption, and thought, that, even should she recover from that, she would be a victim to insanity. She inherited scrofula, her temperament, skin, hair, and general appearance, denoting this disease. She also suffered much from *prolapsus uteri*.

A remarkable feature in this case, was, that on examining and sounding the lungs by stethescope, &c., the left lobe was found in a dry and inactive condition. She could not inflate it in the least. She had much pain and uneasiness in the chest, was very nervous, and at times deranged. There was in this case a remarkable combination of difficulties seldom grouped together—nevertheless, she eventually recovered the entire and healthy use of her lungs; the cough and the whole train of weaknesses in a few months disappeared, and she returned to her husband and family, cured, and radiant with health and happiness.

Mr. S——, aged 32, was much emaciated—had a distressing cough, hectic fever, diarrhea, night sweats—in short, every symptom of confirmed consumption. The disease of the lungs, in this case, had probably been induced or at least greatly aggravated by spinal irritation, and the unnatural position into which the lungs were drawn by a bad curvature of the spine. His physicians had given him up; his friends despaired of his recovery; and when he reached this Institution, he was told that his case was very doubtful, and it was feared, hopeless; but he had taxed to the utmost his little remaining strength in the journey hither, and he entreated that an effort should be made in his behalf, which was acceded to. An abatement in the symptoms was soon observable, and to the surprise of all, his form became measurably erect, his chest expanded, and his breathing was free and full. He gained in flesh as well as

strength, and at the end of five months, left the Institution, free from cough.

Mr. W——, aged 34, had had a bronchial affection five years. He was much emaciated, had distressing cough, with constant pain through the chest. For a few months previous to the time of commencing treatment at this Institution, he had grown rapidly worse. His friends feared he was in a hopeless state, but in two months he returned home, in health to recommence business, in which he has been actively engaged ever since.

Mr. H——, aged 62, had had bronchitis for nine years, attended with difficulty of swallowing, and a cough. There was great irritation of the throat, with burning heat and copious secretion of mucus. Recently, the symptoms had become aggravated, the cough and soreness much increased, and the matter raised streaked with blood. He had also hoarseness and difficulty of speech. Three months' treatment removed these difficulties, and restored him to comfortable health.

Mr. D——, aged 35, had been in ill-health some years, and was finally obliged to give up all attention to business. He had enlargement of the spleen, causing pain and swelling in

the left side. He had diseased kidney, pain in the back and loins, and was unable to endure any active exercise. By a short course of Motorpathic treatment, he was restored to health.

Mr. D——, aged 39, had for several years suffered from diseased kidneys. He was much emaciated, and in a very debilitated state. He had pain and weakness in the small of the back, and much pain and difficulty in urinating. His lungs were weak, and there was a general wasting of the system, or sinking into nervous consumption.

The kidneys were soon freed from disease, the nervous system was restored to a healthy state, and he was rapidly regaining muscular strength, when he left the Institution.

Mrs. B. G——, aged 45, from Canada, was brought 300 miles by boat and carriage, in an easy chair, her husband, sister and physician accompanying her. Her difficulties were dropsy of the pericardium, enlarged spleen, great weakness of the back and hips, leucorrhea of long standing, menorrhagia, and general weakness and debility. This case, on examination, was thought nearly hopeless. Her blood was very thin and watery—countenance pale and cadaverous, skin glossy, and her feet and ankles much swollen, with many minor difficulties. While under treatment she improved slowly but steadily. To

her own delight and that of others, difficulty after difficulty was overcome, until she was perfectly restored, and returned home in good health.

Miss ——, aged 14. Her first symptom of declining health noticed by her parents, was failing memory, about eighteen months previous. A few months subsequently she had an attack of lung fever, and had had a cough since—her pulse one hundred and twenty per minute. She complained of pain and weakness in the small of the back—menstruation commenced at eleven years old, but had not been regular. Had leucorrhea with much irritation. She complained of tenderness of the sternum and more particularly near the apex of the heart. Her bloating was first observed about seven months previous. She had little general appearance of dropsy. Her face was a little bloated, but her abdomen was very large. She improved rapidly under treatment. In six weeks, the size of the abdomen had diminished one half—her circulation was more moderate and her symptoms in every respect better.

She was under treatment three months, and was perfectly cured. She left without the least symptom of dropsy or chest disease. She took any amount of exercise—walked—raced—and played from morning till night, as gay as a butterfly.

Mr. P——, aged 32, had been out of health ten years; was

very nervous; at times desponding and fearful, his mind easily troubled; at others, unduly exhilerated. He was never violent in those fits of preternatural exhileration, which often came on just at evening, but sometimes very noisy and wild. There was also an almost total loss of memory. His lungs were weak, kidneys diseased, and his whole system much deranged. He improved with surprising rapidity—he became uniformly cheerful, his memory was restored, and at the end of six weeks he returned home, convalescent.

Mrs. ——, aged 42, had not been in good health for three or four years. She had some pain in the back, side, and head, and occasionally numbness of the hands and feet. Her nervous system had been weak and excitable. Eight months previous, she had attended a protracted meeting—became anxious and somewhat gloomy. Some four or five months after, she had been baptized. Since that she had become impressed with the idea that she had committed an unpardonable sin, and that the Lord had given her over to hardness of heart. Her mind was constantly brooding upon this. She neglected her family, and was wholly unfitted for the enjoyments and duties of life. Her improvement under treatment was remarkable. In a month's time, she was as gay as the gayest—having been naturally as it was found of a very lively temperament, although no one would have suspected it from her appearance when she

came. In six weeks she returned to her home in health and freedom of body and mind.

Mr. C——, aged 33, had an attack resembling cholera, which left him with a general prostration of the whole system. He suffered from constant palpitation of the heart, and a general nervous excitability. He could not walk across a room without producing a fit of violent trembling with twitching of the muscles, over which he seemed to lose all control. His intellectual organization suffered in proportion with the physical. He was incapable of any mental effort. A few weeks' treatment produced an entire renovation of his system. He could walk a distance of several miles at a time, and enter into the various exercises and amusements of the Institution, with joy and animation.

Mrs. B——, aged 52, had for many years been exceedingly nervous. Her food distressed her, and she suffered from nausea, head-ache, and almost every distressed feeling imaginable. Every day she had excessive sinking turns—her eyes would close, a cold perspiration start out, the pulse at the wrist become imperceptible, the blood settle under her nails, and her whole appearance present every indication of dissolution. She was the widow of a physician who had practiced successfully

many years, but had been unable to cure her. After his decease, she applied to physicians far and near; traveled, visited watering places, and tried every kind of treatment recommended by her numerous friends. At length she chanced to meet a friend who was returning home from this Institution, whither she had been conveyed a few months previously, in an almost hopeless stage of consumption. This lady, now enjoying good health, induced her friend also to try this Motorpahtic treatment —under which she recovered with surprising rapidity. Seven years ago this truly astonishing cure was performed. Her daughter recently informed us that her mother had enjoyed excellent health ever since.

Mrs. ——, aged 53, had been in ill health many years. She had been a great sufferer from neuralgia and nervous fits, having them on an average once a week. The neuralgia was mostly confined to the chest. She had occasional attacks of it in the head and face. She had turns of severe pain in the bowels, attended with cramping and bilious vomitings, which she called neuralgia, but which I considered owing to a diseased state of the liver, and the presence of acrid bile in the alimentary canal. Her improvement under treatment was slow, but at the end of three and a half months she left cured. Some three months after, an acquaintance of her's coming to the Institution, said Mrs. —— continued in good health, having had no recurrence of her disease—that she had dismissed her

help, and was performing the labor of the household without assistance.

Mrs. ——, aged 39, had been taken twelve years previous, with palpitation of the heart, and had since had frequent, severe paroxysms, of several hours in duration. On examination, it was found that both liver and spleen were hypertrophied. She had a bad leucorrhea, and the *os-uteri* was covered with small tumors. She had been growing thin in flesh for some time, and the scrofulous cachexy had become very apparent. She could not make a sudden movement or take any active exercise, on account of its increasing the action of the heart. She did not remain long in this condition, after treatment was commenced. It had the desired effect of bringing about a healthier action of the system. She had but one severe paroxysm of palpitation after commencing treatment. That was near the close of the first month. All her other difficulties subsided, and she gained in flesh and strength. She took a large amount of active exercise for weeks before leaving.

Miss A. R——, aged 28, had a partial paralysis of the left side of the body—the limbs and even that side of the head being affected, which caused pain and a strange, uneasy sensation of numbness. Her nerves were very weak and irritable—

digestion impaired—bowels very costive—cold hands and feet, with occasional great heat—liver in a torpid state, lungs very weak, and a stubborn bronchitis. After all the other difficulties were removed, the inflammation of the bronchia, and enlargement of the tonsils continued for some time, but these diseases were also eventually overcome. She left, feeling (to use her own words,) like another being, and more like her former self, than she had ever expected to be again.

Miss T——, a young lady, while attending school, had an attack of paralysis or numb-palsy, through her left side. Three weeks after the attack she was brought to this Institution. She had had no passage from her bowels in twenty-one days, during which time she had taken twenty-seven potions of physic. Previous to the attack of paralysis, she had been considered in rather a precarious situation with a severe cough and liver complaint, several of her family having died of consumption. In seven weeks she returned to her parents convalescent, and in a short time regained health, in the enjoyment of which, she continues to the present time, now five years since her treatment.

Mr. ——, had been subject to attacks of epilepsy, or falling sickness for several years, at first at long intervals, but latterly of frequent recurrence, sometimes several in a day. Diagnosis

—Great determination of blood to the head; face and hands presenting the blue or purple appearance of one in a state of strangulation; also, great mental derangement. He began to improve immediately under this treatment, and at the end of six weeks, returned home perfectly restored to health, both in body and mind. He has had NO RECURRENCE of the disease.

Miss ——, aged 22, had been for something more than two years past, subject to epilepsy. She was also in the habit of walking in her sleep. These fits of somnolency supervened to any trifling excitement, so that she came to expect either sleep-walking or epilepsy to follow a day of excitement or fatigue. She occasionally had daily periodical turns of drowsiness or lethargy, from which it was almost impossible to arouse her. Her face flushed painfully at times. Her circulation was accelerated at all times, and emotion or agitation rendered it very rapid. She was all nervous excitement. On examination, her uterus was found very much congested, the *cervix* rigid, and the organ very much fallen. One month's treatment reduced the uterus to its natural size, and caused it to maintain an upright position. The *cervix* gradually lost its rigidity. She had no fit of epilepsy after commencing treatment, but occasionally symptoms of its approach. She remained under treatment, two and a half months, and left cured.

Miss E——, aged 21, had been in ill-health ten years. She was highly scrofulous, had a compound curvature of the spine, prolapsus uteri, indigestion, and great nervous debility. She was constitutionally delicate; her monthly periods had never been regularly established. She had been eight years subject to paroxysms of palpitation of the heart, and violent spasmodic convulsions daily, and often several times a day, which nothing but morphine would alleviate. She had taken this medicine regularly three times a day—oftener when the spasms increased in severity or frequency—eight years! increasing the dose till the quantity daily taken was enormous.

A short course of treatment removed all difficulties, except the curvature, which was rapidly progressing to a cure. She had not the slightest symptom of spasm for weeks before she left, and was entirely released from the habit of opium taking, which had so long been destroying her mental as well as physical faculties.

Mrs. S——, aged 35, had been afflicted with spinal irritation five years, which caused her intense suffering. She had resorted to the usual method of treating this disease—blisters, tartar emetic applications, seatons, and caustic, without obtaining more than a temporary relief. So acute was her suffering, that she was in the habit of applying a fresh blister whenever she wished to make any particular exertion, the external irritation produced by the blister rendering her less conscious of the original pain. She could not raise her hands to her head,

or indeed, move her arms without increase of pain. Her face was always painfully flushed, and her head hot, while her hands and feet were cold. The second night after commencing treatment, she was able to lie in bed the whole night, and rested well, which she had not done before in four years. She was soon able to bowl, and enter into the gymnastic and calisthenic exercises with enjoyment. In six weeks, she returned home in perfect health.

A little boy, aged two years, having very imperfect use of his limbs, and some distortion of the spine, was brought to this Institution by his mother, whose maternal anxiety was, perhaps, more excited, in consequence of her eldest child, a boy of 16 years, being a deformed cripple; his disease having commenced in infancy, in the same manner as that of the present one. The child was under treatment two months, the mother remaining with him, and discharging her duties with a praiseworthy perseverance. She was rewarded by the perfect restoration of the child.

There are hundreds of children suffered to grow up unhealthy, deformed or without the use of their limbs, with intellects blunted, and with systems filled with scrofula, exhibiting itself in various forms, who might be made perfectly healthy by proper treatment.

Miss M. D——, aged 26 years.—This was a case of com-

pound lateral curvature of the spine, of five years' standing. The ribs on the right side were much thrown out, those on the left being correspondingly depressed. The right shoulder was three and a half inches higher than the left. The left hip was thrown forward and up. After six months' treatment, this lady was discharged, perfectly restored in health and in symmetry of form. Four years have elapsed, and she continues perfectly well, being able to discharge all kinds of household duties.

Miss W——, aged 19, had a compound lateral curvature of the spine of four years' standing. One shoulder was enlarged, and the opposite hip thrown out, making one limb several inches shorter than the other. There was also a partial laxation of the hip joint, which rendered it impossible for her to walk without a crutch. When she had been five weeks under treatment, she discarded the crutch, having no farther need of it. Her hip rapidly regained its natural position and strength, and she can walk several miles at a time. Her lameness is not perceptible.

Mrs. ——, aged 33, commenced treatment for sciatica, from which she had lost the use of her hip. She had not walked in eighteen months.

Perfect motion and use of the hip was established in less

than two months, so that she could walk, run and exercise in various ways, without the least detriment.

Miss ——, aged 22, after performing a journey of five hundred miles upon a bed, arrived at this Institution, helpless as an infant, July, 1851. She had a posterior and anterior curvature of the spine, with caries of the lower dorsal vertebræ, accompanied with extreme irritation along the whole spinal column, producing great nervous excitability throughout the system. She had been an invalid eight years, and six years and a half of that time, she had not been able to sit up or bear her weight upon her feet. The least pressure upon any of the vertebræ produced pain, and frequently severe spasms. Convulsions of more or less severity, were a frequent attendant through her sickness; sometimes they lasted but a few minutes, and at others they continued for hours. They frequently reduced her to that degree, that she could not articulate a word above a whisper for some time after. She suffered constantly from neuralgic pains, either in the stomach, head, back, bowels or uterus. Nothing relieved these, but large and repeated opiates. The system became so accustomed to these, that they afforded little or no relief, even when taken to the amount of half an ounce of laudanum per day.

The loss of *vita-motive* power in the bowels, occasioned by pressure upon the spinal nerves from curvature of the spine,

caused confirmed constipation, the bowels being almost in a paralyzed state, and this torpidity was increased by the opiates to such a degree, that it required powerful cathartics and enemas to move them. The stomach, liver and pancreas were much diseased. There was a paralysis through one side and limb, affecting the internal viscera, and particularly the uterus and rectum. An examination per speculum, showed scrofulous ulceration of the vagina. There were also granulations of the *os-uteri* and enlargement of the uterus. The granulations were small, hard and very numerous. There was a leucorrheal discharge, and much heat in the vaginal membrane. When she had been six weeks under treatment, she walked up and down two flights of stairs, and all about the house with being led—ulcerations were improving—better in every respect. At the end of three and a half months, the ulcerations had healed, the granulations disappeared, leucorrhea also, except occasionally, after over fatigue. She walked from half a mile to a mile at a time, several times daily, and took active exercise in bowling, calisthenics, gymnastics, &c., &c. She was under treatment six months, and obtained an erect carriage. All tenderness had left the spine. There remained a slight unevenness, owing to the caries. Though it was impossible that her constitution should become firm and strong, she left in comfortable health, and could endure more fatigue than very many who think their health perfect.

We shall give but a partial history of the following case, for

should we describe it in detail, we should fear the incredulity of our readers. She had been a medical anomaly, causing sufficient curiosity to call together, over sixty medical gentlemen, who examined her case, and agreed in at least one opinion, that it was beyond their medical acumen to account for all the various phenomena exhibited in her case.

This lady was twenty-three years of age. She had fallen from a wagon while a child, and injured her spine. During nine years she had been unable to walk or sit up but little, and for four years previous to being placed under our care, she had not turned in bed, but had lain upon her left side during all that time. When she arrived, she was in a comatose state, and remained so for some time after. When she became conscious, she commenced gesticulating or nervously throwing out her hands and arms, in a rapid and involuntary manner. These motions had been continued for three years, except when asleep or in fits. On attempting to hold her hands or arms, it would increase her misery, and if persisted in would cause her severe convulsions. Her lower limbs were drawn up, so that her heels laid tight against her thighs. Her foot was contracted so as almost to form a straight line with her leg. The toes were drawn in and imbedded in the ball of the foot. The above condition of her limbs and feet had existed, without a moment's change, for four years. During this time or for three years past, she had daily convulsions, and sometimes she lay in them, the greater part of the day. She had a scrofulous tumor in each breast, the size of a small egg, one of which was of a dark-purple hue, and very painful at times. She had

been subject to discharges of blood and dark, fœtid matter from the head. It escaped, usually, through her nose and mouth, but sometimes from her ears. It could be produced at will, by gently pressing the hand upon the head, over the organ of reverence, when it would immediately gush out at the mouth. This bursting forth of a blood-like fluid, was sometimes spontaneous, and appeared to occur periodically. She never menstruated, unless this was a vicarious appearance of it. Her nervous system was so excitable at times, that the least touch would throw her into convulsions. After some of those fits, her jaws would be set, so that she could not move them, or speak for several weeks. She had turns of bloating in the abdomen, extending it to the utmost tension of the skin, and would remain so for several days. Then it would suddenly and unaccountably disappear, without an escape of gas, or a discharge from the bowels, bladder or vagina, leaving the bowels soft, flabby and sunken. She would at other times lay for hours and days, rigid, and without appearance of life. At times, it would appear as if the urine and fœces were more or less absorbed, and secreted through the skin. There was a paralysis throughout the urinary organs, caused by a lateral curvature of the spine. The bougie and syringe had to be frequently used, or there would be no passage from the bladder or bowels. The curvature between the shoulders, produced an irritation, or dry inflammation of the lungs, causing laborious respiration, something like asthma, resembling the last agony in death. Those unacquainted with her, would naturally suppose she was dying. This state would at times last for several days.

She was extremely irritable and tender about the external genital organs, so much so, that bathing the parts with water, occasioned fits. Internally, the vaginal membrane put on the same inflamed appearance. The *os-uteri* and *cervix* were much swollen, and fallen so as to rest upon the perineum. An offensive leucorrhea, of a corroding nature, attended her all the time. The right shoulder was much enlarged, and the opposite hip was thrown upward, causing one leg to be four inches shorter than the other. Her pulse could seldom be felt at the wrist, and when felt, were so rapid they could not be counted.

Motorpathic treatment soon subdued the inflammation, and lessened the extreme nervous irritability. Special attention was given to the spine, having regarded its inability to transmit vital power, as the primary cause of her peculiar symptoms. The uterus was with extreme difficulty made to maintain its natural position. She was nearly two months under treatment, before the feet could be moved more than a few inches from the hips; and when that much was gained, instead of their continuing to straighten gradually, it was accomplished suddenly, as by a spasmodic movement. The contraction of the toes did not yield, until some weeks after. Her recovery was continually being interrupted by relapses of one kind or another. It was some six months before she could walk without assistance. By perseverance through many discouragements, one difficulty after another gave way, until they were all removed. She was under treatment fourteen months. In less than one year after leaving the Institution, she was married to an estimable young man, and is very happy.

I am fully persuaded that the spinal curvature was the whole cause of all her other difficulties; and the curvature, I think, was more owing to hereditary scrofula, than to the fall from the wagon, as most physicians had supposed. Spinal diseases are fast increasing, and thousands of our young people are under their influence without even suspecting the difficulty. We fear too many are treated for the effects, rather than the cause of disease. Parents should pay strict attention to their children's habits in standing, sitting, and walking, and see that they favor no one point. The spinal column should be frequently examined, to see if it is upright and free from any enlargement or indentation of any of the vertabræ. The hips and shoulders should be also examined and compared, to see if they are equal as to height and thickness. A timely attention to these suggestions may save life and much suffering.

Irritation, soreness, and pain about the spinal column, have sometimes been measurably relieved by phlogistic treatment; but to apply local irritants for the purpose of removing spinal curvatures, is preposterous.

All cases of curvatures are attended with contractions of some of the muscles which support the spine, and as a means for lessening these contractions, and relieving the spinal nerves from the pressure occasioned by the curvature, which the weight of the body is continually pressing upon them, I use a spring elevator, constructed so that it rests upon the hips, with arm-pieces slightly raising the arms, so that the weight of the body is transferred from the spinal column to the hips. This is

worn a few hours in a day as a portion of the treatment; but as elasticity and strength of muscles depend on *use*, it is vain to think of reducing their contractions, without providing for their free flexions in every conceivable manner. This is to be done by various gymnastic and other exercises, by the application of galvanism, by the Motorpathic use of water, and by all the aids for the establishment of *motion* and *use*, which can be brought to bear in the individual case.

Some curved spines would be straightened with the elevator alone, but it would cause uneasiness, and render the patient unhealthy and languid. A continued stretch of the muscles in one way, or one set of muscles without rest, or the exercise of other muscles to relieve them, produces a diseased action, which destroys their tone and elasticity. It is only by a judicious course of exercise, which brings all the muscles of the body into action, that the depressed portions will fill out, and the whole form expand and assume that compact roundness of contour, and elasticity of motion, which gives the air of grace, suppleness and strength, which we observe in healthy persons of a perfect form.

As well might the musician expect to find the chords of his instrument in harmony and tune, after being left for months screwed up to their utmost strength, as a physician expect to find a healthy tone and elasticity in the muscles of his patient, after having been stretched for months without exercise or variation. Such a course, to say the least, is of equivocal benefit to the patient. When the elevator is removed from a pa-

tient treated in this way, the muscles will relax, and for the want of strength and energy, they allow the spine to gradually assume its former curved position. But when the spine is straightened by the use of a proportionate quantity of such exercises as tend to develope the strength, size, and activity of those muscles which are connected with, and tend to support it, giving them a harmonious and elastic action—it is impossible for it again to relapse into a curved position, if the body has healthful exercise, unless some accident should occur in after life.

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